

Safer Use DURING COVID-19.

1

Take Care

- Wash your hands with soap and water, hand sanitizer or alcohol wipes for at least 20 seconds.
- Prepare your own drugs.



20 sec

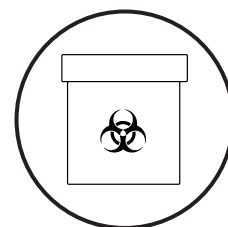
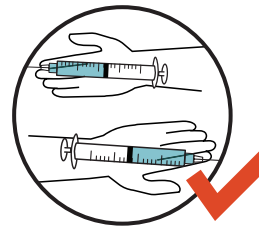


- Wipe surface with a disinfecting wipe.

2

Do Not Share

- Needles or syringes (rigs), cookers, filters, joints, cigarettes, pipes, straws, bottles.
- Wipe equipment before use.

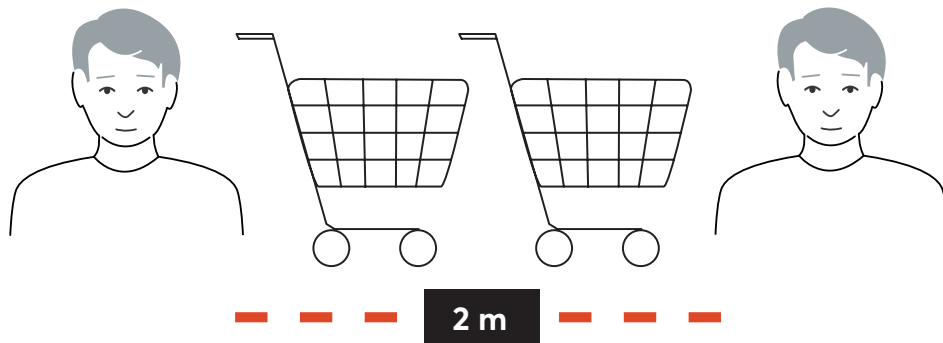


- Throw out used equipment in sharps bin.

3

Be Space Aware

- Stay at least 2 metres (6 feet) apart.



4

Plan & Prepare

- Illness may change your tolerance to drugs. Using less or changing how you take them may help (e.g., swallowing instead of smoking).



- Stock up on supplies, equipment and naloxone.
- You may go into unplanned withdrawal. Talk to your health care provider or harm reduction agency about what you can do.



- The drug supply may change –start low, go slow.

- Stagger use with someone who can call for help if needed.