

# COVID-19 Harm Reduction tips for People Who Use Drugs



## DON'T SHARE

Pipes, bongs, vapes or joints, nasal tubes, and all injecting equipment including sterilized water, cookers, filters, wipes, ties, etc.



## On Opioid Agonist Therapy?

If you are on OAT ask your doctor if you can get an extended prescription for 1 month. Ask if you can skip appointments and urine testing for at least one month.



## STOCK UP ON DRUG USING EQUIPMENT/MATERIALS

Get enough to last you at least 3 - 4 weeks (longer if you are high risk for infection and if programs can manage it). This includes Naloxone.



## WASH YOUR HANDS

With soap and hot water vigorously for at least 20 seconds (but longer if you can) every time you come into contact with others, after handling money and after you get your drugs. Paper towels are preferred for drying hands, or at least use a clean towel.



## PREPARE YOUR DRUGS YOURSELF

Ensure that you don't handle or touch other people's equipment/drugs and don't let them touch yours.



## AVOID PUTTING DRUG BAGS/WRAPS IN YOUR MOUTH, VAGINA OR ANUS

If you must carry it in your body, clean vigorously with an alcohol-based cleanser both before and after you take it out, and if carried in your mouth use an alcohol-based mouthwash afterwards.



## BE PREPARED TO GO THROUGH INVOLUNTARY WITHDRAWAL

If your supplier(s) gets sick. Have backup plans and make sure you have all the necessary medications, food and drinks you will need to detox off opiates. Similar steps can be taken by those with habits to other drugs.