

COVID-19

STAYING SAFE AND INFORMED

HOW IT SPREADS



COUGHING,
SNEEZING, &
SALIVA



CLOSE
PERSONAL
CONTACT

HOW TO PROTECT YOURSELF

WASH HANDS OFTEN (20 SECONDS)

USE ALCOHOL-BASED SANITIZERS

AVOID CLOSE CONTACT WITH PEOPLE
WHO ARE SICK

AVOID TOUCHING EYES/NOSE/MOUTH

FLU SHOTS CAN KEEP YOU OUT OF
CLINICS, MINIZING RISK OF CONTACT



Harm Reduction

STAYING SAFE AND INFORMED

PREP YOUR DRUGS

- Wash hands with soap or hand sanitizer
- Wipe down surfaces with alcohol-based wipes
- If you cannot prepare your own drugs, make sure the person who is washed their hands



NEW EQUIPMENT EVERYTIME

- Don't share joints, cigarettes, pipes etc
- Use new mouth pieces each time
- Wipe down equipment before use
- Discard used tools in sharps bins



MINIMIZE CONTACT

- COVID 19 can be transmitted through coughing, kissing or direct contact with bodily fluids
- Always use condoms



PLAN & PREPARE FOR OVERDOSE

- Emergency services may be slow to respond due to outbreak
- Stock up on naloxone, fentanyl testing strips and equipment