

# Harm Reduction Tips during Corona Virus

Corona Virus matters because:

- It is respiratory and affects your **lungs and breathing**
- It **spreads quickly** by body fluids and coughing/sneezing
- It is usually mild but it can be serious for people with health conditions or risk factors like:
  - **Stressed immune system** by things like (but not limited to) infections, malnutrition, exhaustion, HIV, Hep C
  - **Lung disease, asthma, COPD, heart disease, diabetes**
  - **Over 60 years old**

Symptoms are:

\*Fever \*Cough - new or worse \*Breathing - shortness or trouble

*If you have these symptoms talk to one of the Nurses*

Drug Use during Corona Virus

- **Avoid sharing** your stems, smokes, drinks or anything with spit. Keep using sterile gear.
- **If you're having sex or doing sex work** avoid things like coughing, kissing or direct fluid contact. Use a condom and keep it all business!
- Prep your drugs yourself. If it's you or someone else, **wash hands for 20 seconds before prepping and use a sanitized prep area**
- **Overdoses might have 911 delays:** emergency services might be slower in a Corona Virus outbreak. Try to lower your OD risk. Start low & go slow; stock up on naloxone; and use the naloxone kit **plastic face mask** if you're giving mouth to mouth

Stockpile more than toilet paper!

- Stock up on **GEAR:** get enough gear for 2-4 weeks in case programs shut down
- Stock up on **MEDS:** ask your doctor about getting a month's supply of meds if possible. Ask the pharmacy about their plan for methadone, suboxone, kadian or safe supply
- Prepare for a **DRUG SHORTAGE:** your dealer might get sick! Try to get meds to help if you go into withdrawal like advil, pepto-bismol & imodium. Stock up on dope while being safe from debt, cops or OD

**BE SAFE. WE LOVE YOU. CARRY NALOXONE**

**& WASH YOUR HANDS**

Source: COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs

<https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

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