

COVID-19 - Key Harm Reduction Tips

- Don't share or reuse harm reduction supplies or cigarettes.
- Cook your drugs, every time.
- Dispose of used harm reduction supplies into biohazard bins.
- Wash your hands with soap and water for 20 seconds, making sure you clean your thumbs, between your fingers, and the backs of your hands. Use hand sanitizer if your hands are not covered with dirt.
- Use tissues to sneeze or cough into and then dispose into the garbage. If you don't have a tissue, sneeze or cough into the bend of your elbow. Wash your hands with soap and water (if available) immediately afterwards.
- Try not to touch your eyes, nose or mouth.
- If you are on Opioid Addiction Therapy, talk to your pharmacist/doctor about carries.
- Try to minimize close contact with other people - this is what is being referred to as "social distancing" in the media, and means standing or sitting at least 6 feet apart from other people.
- Wash your hands with soap and water before you prepare your drugs and clean the surface area where you are preparing your drugs.
- If you use alone, ask a friend to check in on you, or have a friend on the phone while you are using. You can also call the **Overdose Prevention Line at 1-888-853-8542** and someone will remain on the phone with you while you use; if you overdose they will call 911.