COVID-19 Harm Reduction Tips

CLEAN YOUR HANDS

Your hands come into contact with germs when you touch any person, object or surface. Clean your hands regularly with soap and water for at least **20 seconds** or use alcohol-based handsanitizer. Clean your hands before and after preparing, handling or using drugs.   *See reverse for handwashing instructions.*

PREP YOUR OWN DRUGS

Try not to let others handle your drugs or supplies. Before you prep, clean your hands and clean the surface you are using. If you can't prepare your own drugs, stay with the person who is and have them clean their hands very well.

GET EXTRA SUPPLIES

Ask for extra supplies to help limit your contact with others. When available, extra supplies will be provided.

ALWAYS HAVE NALOXONE AVAILABLE

Always call **911** when responding to an overdose.
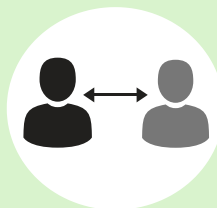
DON'T SHARE SUPPLIES

Sharing supplies is never recommended.

Sharing meth pipes, stems and straws all increase the risk of spreading COVID-19. This goes for sharing cigarettes, bongs, joints, vapes, drinks and eating utensils.

Sharing injection supplies increases the risk of spreading other viruses.

IF YOU ARE SICK, <u>STAY HOME</u>

- If you have a health concern contact your family doctor.
- If you cannot access your family doctor or do not have a family doctor, call the **Renfrew County Virtual Triage and Assessment Centre** at 1-844-727-6404. This new service is covered by OHIP with a valid health card.
- If it is an emergency, **call 911.**

DON'T USE ALONE

Using with a buddy is always safer than using alone. It is important to stay **2 metres** (6 ft) from your buddy and others to help stop the spread of COVID-19.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

1 Wet hands with warm water

2 Apply soap

3 For at least 20 seconds, make sure to wash:

- palm and back of each hand
- between fingers
- under nails
- thumbs

4 Rinse well

5 Dry hands well with paper towel

6 Turn off tap using paper towel

1-833-784-4397

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