

COVID-19 HARM REDUCTION TIPS

For People Who Use Drugs

HAVE WHAT YOU NEED



- Supplies for substance use (eg needles, waters, pipes etc)
 - Food and basic resources
 - Your drug of choice
 - Prescription medications (ask for carries of methadone)
 - Over the counter medications that help with withdrawal (eg pepto bismol, ibuprofen, immodium)
 - Substitution substances (eg Cannabis)
- Please note: buy what you need and avoid panic buying
- Keep in mind that having a larger supply of drugs can increase risk of criminalization and theft and take precautions

PRACTICE SAFER DRUG USE



- Wash your hands before use
- Prepare your own drugs
- Plan and prepare for overdose (and have naloxone)
- Don't share supplies (even bongs and pipes)
- Go slow if you have drugs from a new source

ISOLATION & SOCIAL DISTANCING



- Pick a few friends and family and try to only see them/have them over to your place
- Don't visit anyone if you are sick, or have anyone over who is sick
- Have everyone wash their hands when they come over, and before and after drug use
- Don't shake hands, give each other some space

FEELING SICK?



If you get flu-like symptoms, call Health Links at 204-788-8200 in Winnipeg or 1-888-315-9257 toll-free elsewhere in the province.