

Harm Reduction Tips for Safer Substance Use in a Pandemic



Don't share your supplies

Sharing drug supplies increases the risk of spreading the virus. This includes sharing of cigarettes, joints, vapes, stems, pipes, straws, and injecting supplies (including ties, swabs, filters).



Wash your hands

- Use soap & water for at least 20 seconds **or** use alcohol-based hand sanitizer
- Wash after **every time** you are around other people, use public transportation, handle cash, and after getting your drugs.



Keep your space clean

- Wipe down all surfaces you use to prepare drugs, before and after use
- Use disinfectant whenever possible
- Wipe down drug packages when you get them



Prepare your drugs yourself

- **Wash your hands first**
- If you can't prepare your own drugs, stay with the person who is preparing them and **make sure they wash their hands**



Stock up on supplies and medications

- Get enough harm reduction supplies to last you 2 to 4 weeks.
- Ask your medical provider about emergency plans for avoiding disruptions to your prescription medications (including **Suboxone** and **Methadone**)



Prepare for a drug shortage

- You may not be able to access your drug(s) of choice due to interruptions in the supply chain.
- Think about other medications that could help take the edge off
 - Seek medical help to get through withdrawal



Plan & prepare for overdose

COVID-19 can affect breathing, which can put you at greater risk of overdose. Remember to practice overdose prevention by not using alone, having lots of Naloxone on hand, starting with small amounts, and not mixing substances.



Minimize Contact

If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing, or direct contact with bodily fluids. Try to minimize close contact and use condoms.