



OVERDOSE PREVENTION AND COVID-19

People who use substances and have COVID-19 are at a higher risk of overdose since Covid-19 can cause a respiratory infection, making it difficult for the body to supply oxygen to its organs.

So how can you stay safe from both an overdose AND getting sick? Practice safer drug use to reduce transmission. Here are some tips:

- Use with someone, while staying 2 metres apart.
- If you want to use alone:
 - Let someone know that you will be using and when to check-up on you.
 - Let them know what drugs you'll be using.
 - Leave the door unlocked or ajar.
 - Have an overdose plan with a friend or partner.
- Carry Naloxone.
- Use less if you're feeling unwell.
- Avoid sharing supplies.
- If you DO share supplies, wipe the equipment with alcohol wipes or use new mouthpieces.
- Wash your hands or use wipes before handling your drugs.
- Prepare your own drugs.
- Cough and sneeze in a tissue or your elbow. Throw tissues away and wash your hands.
- Clean surfaces that you're going to use drugs on with soap & water or alcohol swabs.
- Use one drug at a time.
- Test your drug before taking the whole amount.

FOR DELIVERY OF HARM REDUCTION
SUPPLIES, PLEASE CALL OR TEXT AT:
519-257-9646 AT LEAST 48 HOURS
BEFORE DELIVERY DATE.



**POSITIVE
PATHWAYS**



IN QUARANTINE OR SELF-ISOLATION?

See if your buddy can pick up supplies, including Naloxone.

Try to have the drugs you need to stay well during your quarantine. **Keep in mind that carrying large amounts puts you at risk by the police and people looking to score.**

Consider having some alternatives to your drug of choice and use them as backups in case you run out of the other stuff.

LOOKING FOR A NEW DEALER?

You may go through involuntary withdrawal if your dealer gets sick. Have a backup plan and be cautious if using a new supply.

If you're looking for a new dealer, talk to others who have copped from them. What was their experience with the dealer? Good? Bad? Why?

FOR DELIVERY OF HARM REDUCTION SUPPLIES, PLEASE CALL OR TEXT AT: **519-257-9646** AT LEAST 48 HOURS BEFORE DELIVERY DATE.



**POSITIVE
PATHWAYS**