1 DON'T GO WITHOUT
Talk to your dealer about what to do if they feel unwell and can't or won't see you or because you feel unwell and can't get to them.
Have a back up plan with your mates- if worse comes to worst, you can have a 'runner' who picks up for a few of you.

2 STOCK UP ON EQUIPMENT
Make sure you have enough equipment to last you 3-4 weeks in case NSPs are forced to close or deliveries are interrupted.
If you have enough to help out others who have had to self isolate- that's nice.
DON'T FORGET TO STOCK UP ON NALOXONE AS WELL!! Ask your prescriber for extra or some REPEATS.

3 NSP SERVICE & OUTREACH
Ask if your NSP has outreach. If you need to call for equipment delivery and you feel unwell or are in self isolation, MAKE SURE YOU TELL THE OUTREACH WORKERS WHEN YOU CALL- BEFORE THEY ARRIVE!
DON'T PRETEND YOU FEEL FINE IF YOU ARE NOT!
It's pointless to put others at risk.

4 TAKING PRESCRIPTION MEDS?
If you can- STOCK UP TO 3-4 WEEKS OF MEDS in case pharmacies close or deliveries stop.
If you are taking drugs of dependence eg. opioids, benzodiazepines, SSRIs, SNRIs or MAOIs- MAKE SURE you keep in contact with your prescriber and ASK FOR A LONGER PRESCRIPTION.

5 KEEP CALM.
Freaking out does not help anyone- ESPECIALLY yourself! Stress lowers the immune system and leaves you susceptible to ANY dis-ease.
.....and BREATHE.