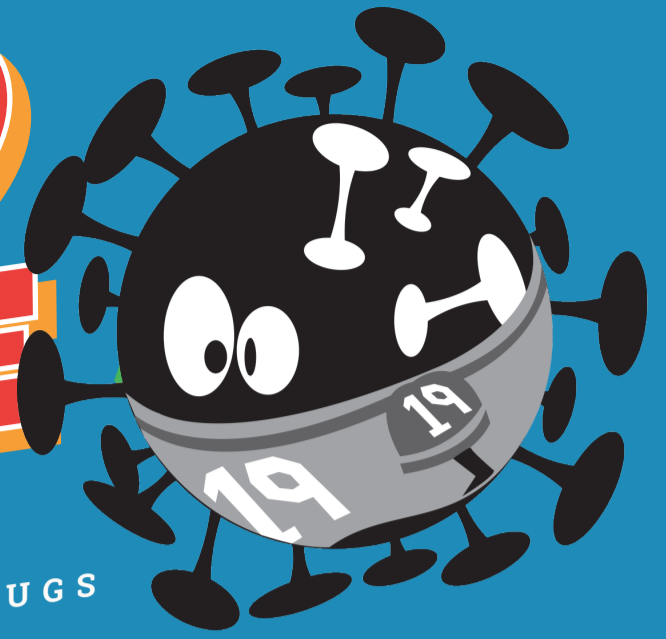


COVID 19 & DRUG USE

Tips & Tricks

FOR & BY PEOPLE WHO USE DRUGS

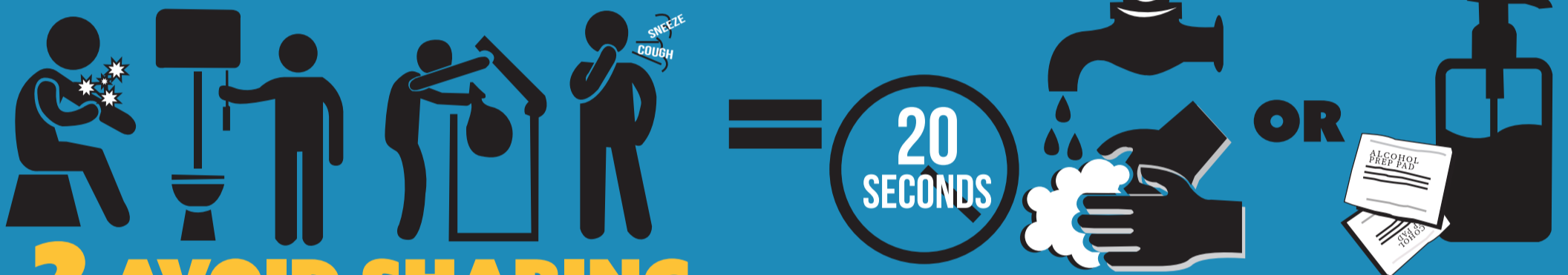


1 WASH HANDS.

WASH YOUR HANDS WITH SOAP BEFORE AND AFTER using, after handling money, after going to toilet, after touching anything in public-handrails, bins, touchscreens etc. Use warm water and soap and scrub for at least 20 seconds.

If you don't have soap- use hand sanitizer or alcohol swabs from the NSP.

COUGH or SNEEZE into a tissue or your ELBOW. Try not to touch your face (especially your mouth, nose and eyes) with unwashed or unsterilized hands.



2 AVOID SHARING.

This is definitely NOT the time to stop CARING - but PLEASE AVOID SHARING ANY injecting equipment incl. water, AS WELL AS pipes, bongs, joints, cigarettes when smoking and tubes, banknotes, or straws when snorting.



3 MIX UP & INJECT YOURSELF.

Don't handle anyone else's equipment or substances or inject them. Don't let anyone touch yours or inject you.

THIS DOES NOT MEAN YOU SHOULD USE ALONE.

MAKE SURE YOU HAVE NALOXONE ON HAND. DO NOT HESITATE TO HELP SOMEONE WHO IS OVERDOSING.

4 DEALS & PACKAGES.

Beware of cash, balloons, wraps and baggies of ALL sizes.

If GIVING: Wrap deals in a new tissue or with a swab before handing over.

Avoid storing deals in your mouth or in your 'bits' (vagina or anus).

If you are 'dacking' or 'banking' your deals- PLEASE double wrap so there is an EXTRA barrier that ONLY YOU touch (and then dispose of) BEFORE handing it over to your customer.

If RECEIVING: Clean the deal AND your hands with hand sanitizer or swabs BEFORE opening.



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.