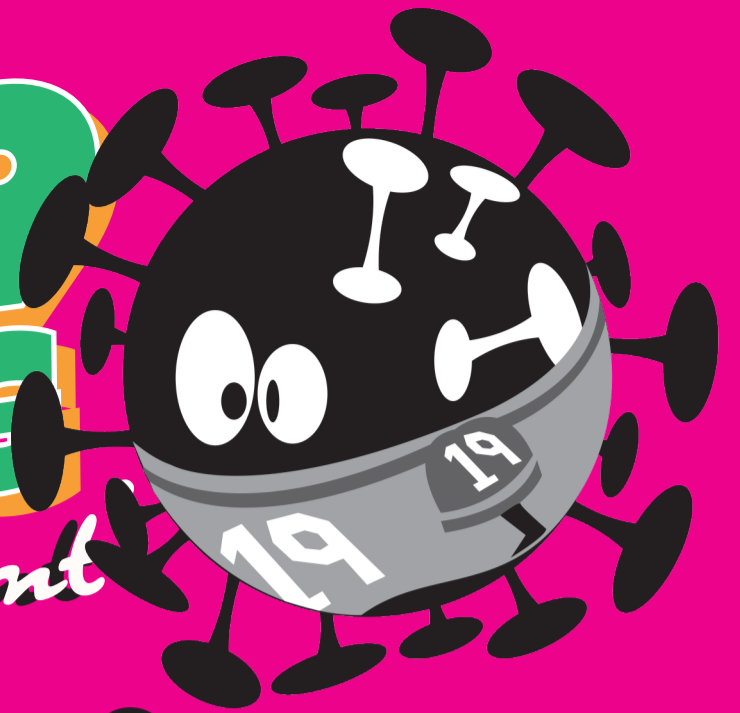


COVID 19 PLANNING



For The Substance Dependent
FOR & BY PEOPLE WHO USE DRUGS



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

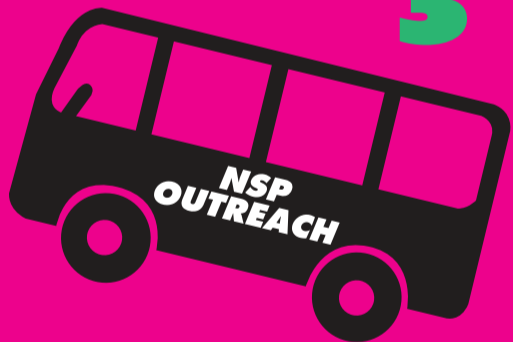
Make sure you have enough equipment to last you 3-4 weeks in case NSPs are forced to close or deliveries are interrupted.
If you have enough to help out others who have had to self isolate- that's nice.
DON'T FORGET TO STOCK UP ON NALOXONE AS WELL!! Ask your prescriber for extra or some REPEATS.



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.