

# COVID-19 and Harm Reduction

## Preventing the Spread

**Avoid sharing:** bongos, joints, pipes, cigarettes, banknotes/tubes/straws for snorting, and injecting equipment (including water).

**Prepare your own drugs and inject yourself!** Don't handle or touch other people's equipment/drugs, and don't let them touch yours.

**Picking Up?** Be careful with drug packages, cash, wraps, and ziplock bags of all sizes. Wipe the package with a swab or hand sanitiser before you open them – especially if they've been in someone's mouth!

### **Good hygiene can prevent infection!**

Practice good hygiene by:

- Washing your hands regularly, especially after sneezing or coughing, and before any drug preparation. Use warm soapy water or an alcohol-based hand sanitiser.
- Try not to touch your face (especially your mouth) with unwashed hands.
- When coughing or sneezing, use a tissue and cover your mouth. If you don't have a tissue, cough/sneeze into your elbow instead of your hand.
- Avoid close contact with others - try maintain a distance of 1.5 metres from people in public.

## Planning Ahead

**Don't get caught without.** Talk to your dealer about what may happen if they are unwell and plan with your friends about possible sources.

**Make sure you have enough equipment.** Get enough equipment for 2-3 weeks in case services are limited because workers are ill.

**Be overdose aware.** Erratic drug supply, illness and stress increase your overdose risk. **Take-home naloxone** is now free at participating chemists and services - why not stock up now so you're prepared?

**Take prescription drugs?** Stock up 2-3 weeks of meds in case deliveries are slowed down or pharmacies close due to illness.

**If you are on an Opioid Treatment Program (OTP)** talk to your clinic, doctor and/or pharmacy about a plan in case you become ill, or if services are limited or close down. Contact NUAA if you have any issues or are worried about accessing your OTP because of COVID-19.

**Find out if your own NSP has an outreach service.**

If you are sick, tell outreach workers when you call so they can protect themselves.

**NUAA is not shutting down because of the COVID-19 outbreak.**

We have plans to make sure that our NSP and the Open Clinic on Crown will keep operating in usual hours. If you have any flu-like symptoms, call us before coming in.

If you need equipment but are sick, contact us. We will mail out equipment to anyone in NSW who has been asked to self-isolate or is in quarantine.

Call us for further info or assistance: 1800 644 413 or (02) 8354 7300 (Mon-Fri, 9AM-5PM).

