

COVID-19 and your Opioid Treatment Program

To make sure everyone on the Opioid Treatment Program (OTP) (methadone and buprenorphine) continues to get dosed, regulations and restrictions around takeaways are being changed. This might mean you get more takeaways than usual, or you might get takeaways for the first time.

Need some tips for managing takeaways?

- If your label doesn't already have the days/dates on them, write them on. It helps keep you organised and stops double-dosing, especially if you are sick and not thinking clearly
- Make sure you store them safely. If there is any possibility of kids being at your place, keep your takeaways out of sight, out of reach, and in a locked container.
- Take care of your takeaways doses. If you lose them, have them stolen, sell them or double-dose, the chances of getting them replaced are very low.
- If you are injecting, make sure you have all the right gear, and plenty of it.
- Remember, like all drugs, methadone and bupe are stronger when injected. Beware of overdose, and stock up on some free take-home naloxone from a pharmacy (ask NUAA where or go to our website – nuaa.org.au)
- Depending on dose, methadone overdoses may need more than one naloxone kit to reverse - grab a couple to be safe.

People who use drugs supporting each other during COVID-19 and beyond

