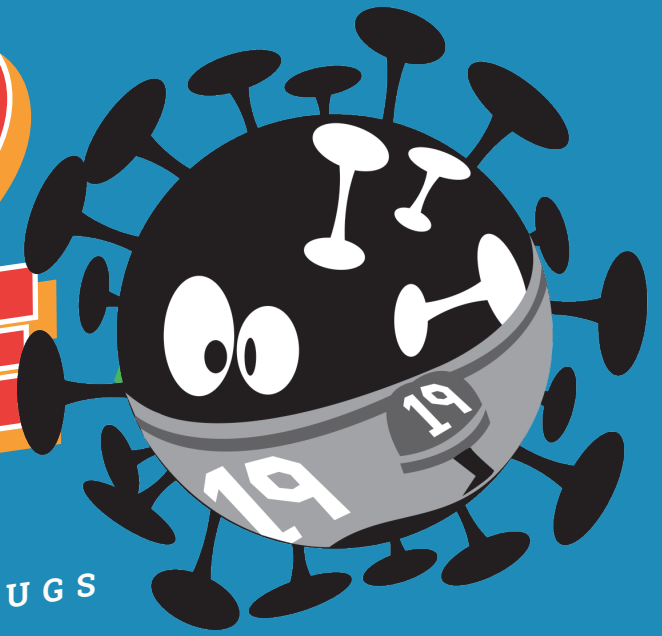


# COVID 19 & DRUG USE

## Tips & Tricks

FOR & BY PEOPLE WHO USE DRUGS

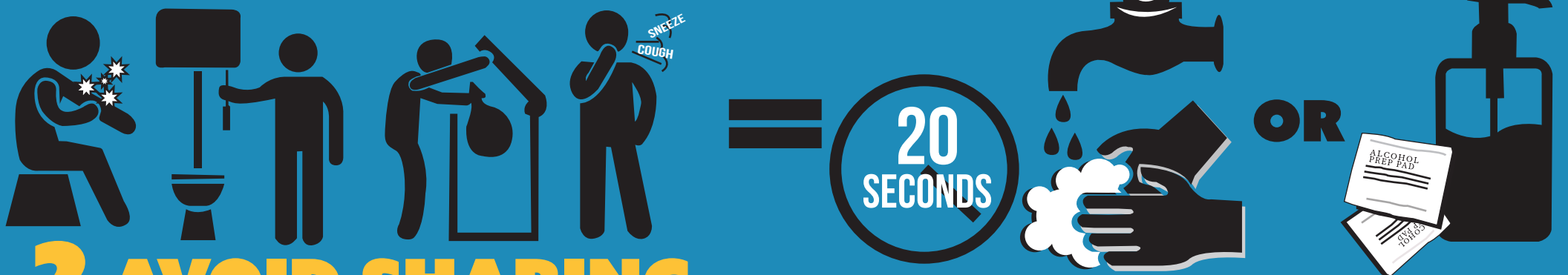


### 1 WASH HANDS.

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.