

# COVID-19 HARM REDUCTION ADVICE FOR DRUG USERS

**21**  
**YEARS**

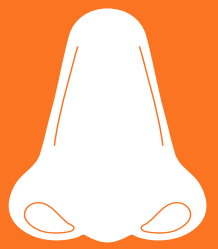
reducing alcohol  
and drug related harm  
in our communities

Please bear in mind that now is a particularly risky time to take drugs. This resource is for information only and does not constitute or replace medical advice. If you have medical concerns about your drug use, please speak to a medical professional.

## SNORTING

Wash your hands with soap, or at least use hand sanitiser – every time – before handling, preparing, or using drugs.

- Clean surfaces before preparing lines – with a damp soapy cloth and/or alcohol wipe.
- Avoid sharing snorting equipment and sharing / passing around stash bag or box, and avoid dabbing powder with fingers.
- Chop powders as finely as possible before snorting- this reduces risk of soft tissue abrasions that can increase likelihood of transmission.



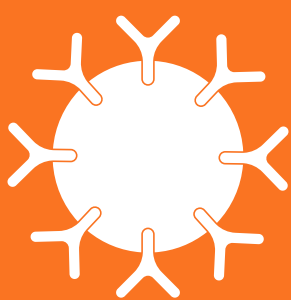
## SMOKING AND DRINKING

Smoking drugs during times of respiratory infection is discouraged as this could make the infection worse and slow down healing.

- Avoid sharing cigarettes, joints, pipes, bongs, vapes, glasses, cups and bottles.
- If smoking from foil, use clean foil each time.
- Keep all pipes and bongs clean and disinfect them regularly.

## INJECTING

- Make sure you have Naloxone to hand, in case you overdose.
- Take additional care with general hygiene and hand washing, when handling preparing or using drugs and wash injection sites (before and after).
- Only use clean needles and supplies- see Needle Exchange sites.
- Avoid holding syringe in your mouth whilst preparing to inject.
- Avoid sharing equipment – use coloured coded equipment so you don't get mixed up.



## IMMUNE SYSTEM

It is important to keep your immune system as strong as possible. If you are using drugs you can help your immune system by:

- Resting well before and after you use.
- Staying hydrated.
- Eating nutritious well-balanced meals before and after you use.

## OTHER ADVICE AND INFORMATION

- Be mindful of potential impacts of the crisis on drug markets, drug and hospital services and pharmacy provision – make plans for likely disruption and potential drug shortages; stock up on drugs, medication, hygiene supplies etc.



FOR FURTHER ADVICE AND INFORMATION PAGES VISIT:

[WWW.ASCERT.BIZ](http://WWW.ASCERT.BIZ)