

URGENT CORONAVIRUS INFORMATION

Coronavirus is serious and it's spreading.

We all need to do our bit to make sure we don't get sick.

Did you know people who use drugs are at greater risk of getting it and having it more severely than the general population?

You're also at greater risk if you are a smoker.

Symptoms can be like the flu and like opioid withdrawal.

Read this info about what to do to keep yourself and your mates safe:

- **Don't share ANY** injecting equipment, pipes, bongs, joints, tooters or banknotes for snorting.
- **Prepare your drugs yourself, don't handle or touch** other people's drugs or equipment, and don't let them touch yours.
- **Wipe down drug packages and wraps** with swabs and/or concentrated alcohol-based cleaners (60% alcohol or more is good).
- **Avoid putting drug bags or wraps** in your mouth, vagina or anus. If you must carry in your body, clean vigorously with an alcohol-based cleanser before and after you take it out.
- **Wash your hands regularly.** Especially before and after using drugs handling money or injecting equipment, being in contact with other people or being in public spaces. Wash with warm soapy water for at least 20 seconds. Google "handwashing videos" for more details.
- If you can't get soap and water, **use hand sanitiser or swabs** from the NSP.
- If you continue to use opioids like heroin or Oxycodone, **make sure you have naloxone.** Try not to use alone. If you must, use somewhere quiet but not totally isolated. **If you drop, will someone find you?**
- If you can, **get on to opioid substitution therapy** like methadone or bupe. Ask your NSP worker for help.

For more information, google "dhhs corona" and click on the first link.

Or go to: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

If you have any questions, talk to your NSP worker.