

# URGENT COVID-19 INFORMATION

## COVID-19 (also known as coronavirus) is spreading again in Melbourne.

Right now, if you live in metro Melbourne or the Mitchell Shire (near Bendigo), there are only four reasons you can leave your place:

- For work or study (only if you can't do it from home)
- To go shopping for food and essential items
- To provide care or seek medical treatment
- To exercise

**You can't have anyone over or visit anyone** – except for special reasons like caregiving, compassionate grounds (like if someone has passed away) or if they are your partner.

**You are still allowed to go to health services. That includes your NSP.**

**The best thing to do is to stay home as much as you can.** Look after yourself and check in with your mates.

If you think you're getting sick (symptoms can be like the flu or opioid withdrawal), get tested.

The test only takes a minute. There are lots of places you can get tested, including:

- Your local doctor (but give them a call before you visit)
- Any hospital
- A respiratory clinic
- A drive-through testing site (but you need to be in a car)
- A pop-up testing clinic

**There's a 24/7 Victorian COVID-19 hotline. Call it on 1800 675 398 to get more info about testing.**

Try to follow these extra tips to stay safe while COVID-19 is still out there:

- Don't share ANY injecting equipment, pipes, bongs, joints 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).
- 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 Oxy, make sure you have naloxone. Try not to use alone. If you are still using, use somewhere quiet but not totally isolated. If you drop, will someone find you?
- If you can, get on to methadone or bupe. Ask your NSP worker for help or call DirectLine on 1800 888 236 for a free and confidential chat.

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.**