



Sioux Lookout
First Nations
Health Authority

COVID-19

Drug Use

Safety Tips

- **Wash your hands**
- **Prepare your own drugs**
- **Get extra harm reduction supplies, if you are able to**
- **Prepare for unplanned withdrawal**
- **Don't share drug equipment**
- **Avoid putting drug bags / wraps in your mouth**
- **Keep a Naloxone kit with you**
- **Talk to a nurse with any questions or concerns**

**CALL YOUR LOCAL NURSING STATION
OR TELEHEALTH ONTARIO (1-866-797-0000)**