



Sioux Lookout
First Nations
Health Authority

Harm Reduction & COVID-19

Here are some harm reduction tips if you are using drugs during the COVID-19 pandemic.

Please stay safe and look after each other.

TIPS:

- Try to hang out with a small consistent group of people to use substances with.
- If using alone, start with a smaller amount of drugs before using a full dose to decrease chances of overdose.
- Prepare your own drugs/drug use supplies & have others prepare their own to decrease the spread of germs.



DON'T SHARE:

Pipes, bongs, vapes, joints, straws (for inhaling / snorting), injecting and homemade drug equipment (including sterilized water), or cigarettes.

STOCK UP ON EQUIPMENT & BE SAFE:

- Pick up enough safe injection supplies for a week or more (longer if you are high risk for infection and ONLY if programs can manage it).
- Avoid putting drug bags/wraps in your mouth.
- Wash your hands with soap and water before you prepare your drugs and clean the surface area where you are preparing your drugs.
- Pick up a Naloxone Kit from your Nursing Station. Naloxone can help save someone's life in an overdose.



IF YOU ARE SICK:

AVOID GOING TO YOUR LOCAL HARM REDUCTION PROGRAMS - ASK IF THEY CAN DELIVER SUPPLIES TO YOU.

Make sure you tell them you are unwell so they can take precautions for their safety. Call or contact a medical provider if you get worse - tell them your symptoms and that you are concerned about COVID-19.

