

# Coronavirus (COVID-19)

## Advice and preventive measures for drug users and the homeless



### Thoroughly wash your hands

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- If you are staying in a shelter, wash your hands when you arrive and when you leave.
- If soap and water are not available, use an alcohol-based hand sanitizer, such as Purell.



### When you sneeze or cough

- If you can, use a paper facial tissue, throw it in the trash as soon as possible then wash your hands.
- If no facial tissue is available, cough or sneeze into your elbow.

### If you are an addict

- Do not share cigarettes, straws, pipes, syringes, bottles, etc. with others.
- Prepare your drugs yourself and do not touch or handle drug accessories that belong to anyone else.
- If you inject, try and do it on your own—if you need help, have no direct contact with the other person and try to stay at least two metres away from them.
- Place your used syringes and needles in containers made for this purpose.
- Try and acquire sufficient consumption and medication products such as naloxone, methadone, suboxone or other to last as long as possible.
- Reduce consumption to avoid overdoses and unavailability of support (health services are overburdened).
- Plan how to avoid withdrawal problems if your substance becomes unavailable.

### If you are being treated for opioid dependency

- You might be able to receive added unsupervised doses while remaining in voluntary isolation. Check with your doctor or pharmacist.
- Find out if your team is reducing the frequency of your appointments.

### Other recommendations

- Avoid groups and remain at least two metres away from others.
- Have no direct contact with others, such as shaking hands or hugging.
- Do not touch your eyes, nose or mouth with your hands.
- Take your medication as prescribed.
- If you have a pet, wash your hands before and after touching it.

### If you have symptoms similar to those of the common cold or flu (cough, fever, laboured breathing) or are returning from a trip

- If you live with others in a flat, isolate yourself in a closed room if possible and have no direct contact with them. Regularly disinfect the surfaces and objects you touch.
- If you are not living in a flat, protect others by avoiding direct contact and abiding by the above recommendations.
- Call 1-877-644-4545 to have a nurse evaluate your situation and provide instructions.

People with a weakened immune system have a higher risk of catching COVID-19. Help them remain healthy by protecting your own health.