

COVID 19 and Harm Reduction

Preventing the Spread

Avoid sharing: bongs, joints, pipes, cigarettes, banknotes/tubes/straws for snorting, and injecting equipment (including water).

Prepare your own drugs and inject yourself! Don't handle or touch other people's equipment/drugs, and don't let them touch yours.

Picking Up?

Be careful with drug packages, cash, wraps, and ziplock bags of all sizes. Wipe the package with a swab or hand sanitiser before you open them – especially if they've been in someone's mouth!

Then wash/cleanse your hands!

Planning Ahead

Don't get caught without.

Talk to your dealer about what may happen if they are unwell and plan with your friends about possible sources.

Make sure you have enough equipment!

Get enough equipment for 2-3 weeks (or more) in case deliveries are slowed down or services are limited because workers are ill.

Use vending machines if possible. If you are sick, wear a mask and telephone the NSP so that workers can protect themselves.

Good hygiene can prevent infection!

Practice good hygiene by:

- Washing your hands regularly, especially after sneezing or coughing, and before any drug preparation or after handling cash. Use warm soapy water or an alcohol-based hand sanitiser.
- Try not to touch your face (especially your mouth or eyes) with unwashed hands.
- When coughing or sneezing, use a tissue and cover your mouth.
- If you don't have a tissue, cough/sneeze into your elbow instead of your hand.
- Avoid close contact. Remember social distancing... (1.5 meters +)
- **If you think your dealer has the virus, find somewhere else to score!**
- Wash your hands after handling cash.

Take prescription drugs? Stock up 2-3 weeks of meds in case deliveries are slowed down or pharmacies close due to illness.

If you are on an Opioid Maintenance Program (OMP), talk to your clinic, doctor and/or pharmacy about a plan in case you become ill, or if services are limited or close down.

ACT services are working with CAHMA to manage closures and isolation. Please contact CAHMA for more details. (02) 62 533 643

CAHMA's drop-in centre is still open, but some of our programs will be running over the phone where possible.

Please drop in or call us if you need to see one of our workers or need our assistance.

CAHMA will be taking a list of anyone who wants us to ring them weekly to check in and make sure you're OK and to follow up on advocacy.

We will still be meeting clients where necessary and we may ask you to do a brief phone assessment to ensure our staff's safety before we meet you.

The Naloxone program is still running. Call us if you need to do the training or require more naloxone.

The clinic (DIRECTIONS doctors) is still available (02) 6132 4800.

BBQ's & other outreach will resume when it is safe to do so.

Call us for further info or assistance: (02) 62 533 643