

# Safer Drug Use During CoVid-19

“I see harm reduction as a way of engaging people as part of that path to recovery”  
– Paul R. Ehrlich

## HARM REDUCTION RESOURCES

*Harm reduction is a public health model that aims to reduce harms of active drug use, including reducing the spread of infectious disease.*

### SYRINGE/NEEDLE EXCHANGE MAP:

<https://nasen.org/map/>

### EXAMPLE OF A SAFETY PLAN

*(resources are NY-specific)*

<https://www.health.ny.gov/publications/9895.pdf>

### NARCAN

*Free Narcan Training and distribution information (Developed by Baltimore City Health Department but available to all):*

<http://dontdie.org/>

*Pharmacies in Baltimore City that Carry Narcan:*

<http://dontdie.org/pharmacies-that-carry-naloxone/>

*Pharmacies in DC that carry Narcan:*

<https://dchealth.dc.gov/page/where-can-i-get-narcan-dc>

### INDIVIDUALS LIVING WITH HIV

This link provides helpful information for those living with HIV, as their immune system is compromised, putting them at a higher risk for complications if contracting CoVid-19:

[https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fhiv.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fhiv.html)

## TIPS FOR SAFER DRUG USE

*Don't forget to use the postcard from Mosaic as a guide to remind individuals to:*

- Minimize or eliminate sharing supplies (including cigarettes and e-cigs)
- Minimize contact
- Maintain good hygiene- *WASH HANDS*
- Cook in bulk and save/freeze
- *DRINK WATER!* Half your body weight in ounces of water.
- Plan and Prepare for an Overdose - NARCAN
- Consider Social, Mental and Physical Needs

*It's also important to suggest the following:*

- Consider stocking up on supplies, (enough for a few days or a week) to minimize going out
- Have medications available that ease withdrawal symptoms
- Have a partner to provide check-ins (*ask them to call 3-5 minutes after use*)

## DECREASED TOLERANCE

It's important to remind individuals that any drug-free period, even as short as 8-12 hours, could lead to decreased tolerance. *Recommend using less than they're used to after discharge from hospital, to prevent a potential overdose.*

## SYRINGE EXCHANGE

Know the needle/syringe programs in your area. Be able to confidently discuss with patients injecting drugs.

