Coronavirus COVID-19

THERE IS ALWAYS RISK WHEN TAKING DRUGS

DRUG ADVICE

Now is an extra risky time - it's safer not to use

A WEAK IMMUNE SYSTEM AND DRUG USE, CAN MAKE YOU MORE AT RISK OF SERIOUS ILLNESS FROM COVID-19

✓ Wash your hands with soap and water for at least 20 seconds - before and after you handle, prepare or take drugs

✓ Use alcohol wipes on surfaces where you prepare drugs (you can get these from needle exchanges and / or pharmacies)

✓ If you are snorting drugs, crush as finely as possible before use, to reduce the risk of nasal damage/bleeding

✓ Use an unused straw, rolled up post-it or clean piece of paper

✓ Look after yourself and look out for others

✗ Do not share drug paraphernalia like needles, syringes, spoons, tooters, crack pipes

✗ Do not use notes or keys if snorting drugs as they harbour infection

✗ Do not pass around or share cigarettes or joints

✗ Avoid physical contact with others if preparing or using drugs

For more information visit hse.ie/coronavirus