Coronavirus COVID-19

Harm reduction advice for people who use drugs

It's always safer not to use drugs, but if you do, reduce the harm

- You are at risk of serious illness from the coronavirus.
- Be mindful of your mental health during this worrying time.
- Wash your hands and clean surfaces and equipment before and after drug use to protect yourself.
- Stay indoors as much as possible and limit your contact with other people.
- Don't share drugs or equipment as this can spread infection.
- Keep in touch with family, friends and healthcare workers.
- Make arrangements to get your regular supply of opioid treatment or contact your GP to begin treatment.
- If you have a high temperature, breathing difficulties, shortness of breath or a cough, phone your GP and self-isolate by avoiding all contact with other people.
- Reduce the risk of overdose by limiting your drug use, not mixing drugs and carrying a supply of Naloxone.

Visit hse.ie and drugs.ie for updated factual information and advice or call 1850 24 1850.

Protection from coronavirus.
It's in our hands.