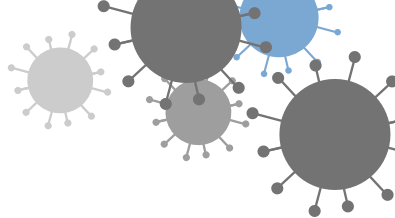


COVID-19



*Important information for*

# **PEOPLE WHO USE DRUGS OR ALCOHOL**

Buying drugs or alcohol may put you in situations where you contact others and increase your risk of catching or spreading COVID-19. Your doctor or nurse practitioner (NP) can help you make a plan to reduce your contact with others, reduce the need to purchase drugs or alcohol, and help prevent withdrawal from these substances:

**OPIOIDS, STIMULANTS, BENZODIAZEPINES, ALCOHOL, AND TOBACCO**

Talk to your doctor or NP about medication options to reduce your risk



No doctor?  
Call 8-1-1 for support

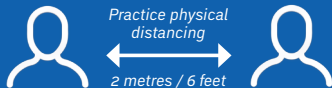


The BC Centre on Substance Use has published new interim clinical guidance to support prescribers and people who use substances to reduce risk of withdrawal, overdose, and other harms. Find it here: [www.bccsu.ca/covid-19](http://www.bccsu.ca/covid-19)

You and your health care provider (doctor or nurse practitioner) should discuss your needs and circumstances and determine a care plan. Options may include:

- o **Creating a treatment plan together**
- o **Treatment with medication**  
*(for example, Suboxone for opioid use disorder or naltrexone for alcohol use disorder)*
- o **Creating a plan to avoid withdrawal**  
*(for example, self-managing alcohol intake)*
- o **Prescribing non-traditional medications to replace illicit use**  
*(for example, prescribed opioids, benzodiazepines, or stimulants)*
- o **Connecting with other resources**  
*(for example, a managed alcohol program or nicotine replacement therapy)*

How to use drugs and reduce  
risk of overdose and COVID-19 infection



Wash your hands  
before and after



Phone a buddy  
when using

