



ALCOHOL & DRUGS ACTION

CORONA VIRUS (COVID-19)

HOW TO PREPARE / THINGS YOU CAN DO

We are doing all we can to ensure that our services remain open during the current Coronavirus outbreak but there may be circumstances where this is not possible.

IF YOU NEED IMMEDIATE INFORMATION, ADVICE OR SUPPORT CONTACT US AND WE WILL HELP YOU

ADA Helpline: 01224 594700

ADA Helpline Mobile: 07927 192 706 (Free from an O2 mobile)

ADA General Office: 01224 577120

Email: helpline@alcoholanddrugsaction.org.uk

Web: www.alcoholanddrugsaction.org.uk

Facebook: [@AlcDrugsAction](https://www.facebook.com/AlcDrugsAction)

Twitter: [@AlcDrugsAction](https://twitter.com/AlcDrugsAction)

WHAT IS CORONAVIRUS?

COVID-19 is a virus first discovered in late 2019. It is generally referred to as 'coronavirus' in the media.

COVID-19 affects your lungs and airways and can lead to health complications such as pneumonia (a lung infection that causes inflammation).

Viruses from the coronavirus family are usually transmitted from droplets released when people sneeze or cough. These droplets can then be breathed in or can land on surfaces we touch and then transferred to the mouth, nose and eyes by our hands.

WHAT ARE THE SYMPTOMS?

- a cough
- fever (high temperature)
- shortness of breath

HOW CAN I HELP PREVENT THE SPREAD OF CORONAVIRUS

Cover your mouth and nose with a tissue or sneeze/cough into your elbow – bin any tissues straight away

Wash your hands with soap and water often – washing them for at least 20 seconds. When soap and water are not available use alcohol-based hand sanitiser

Avoid touching your face if your hands are not clean

Clean and disinfect any frequently touched objects and surfaces – including your phone!

Try to avoid close contact with people who are unwell and limit your own contact with other people if you suspect any of the symptoms

If you are worried about accessing Needle Exchange or are already struggling to do so, please contact us using the information on the other side of this leaflet

WE WILL KEEP YOU FULLY INFORMED OF ANY CHANGES TO OUR SERVICES AS SOON AS POSSIBLE

CORONA VIRUS AND DRUGS - THINGS YOU CAN DO

As people with compromised immune systems, lung diseases and other pre-existing conditions are more at risk of contracting COVID19, it is important we all help keep them safe by keeping ourselves safe

- The following advice can help reduce the risk of spreading infections all year round but are especially important during this outbreak of COVID - 19
- Wash your hands with soap and water often – washing them for at least 20 seconds. When soap and water are not available use alcohol-based hand sanitiser
- Wipe down drug packages/wraps/surfaces with alcohol-based cleaners
- Prepare your drugs yourself and ensure that you don't handle or touch other people's equipment/drugs and don't let them touch yours
- Clean your injecting site with an alcohol swab before you inject
- Don't share injecting equipment
- Don't share pipes, bongs, vapes, joints, cigarettes, straws or rolled bank notes
- Make sure you have NALOXONE where you inject
- If you are on regular medication (including methadone and suboxone) ask your prescriber if you can get a take-home prescription
- Where possible, ask your GP / CPN / ADA Worker / Social Worker for telephone appointments during this time

NEEDLE EXCHANGE AND RETURNS

We will do all that we can to ensure that our Needle Exchange Services remain open during the current Coronavirus outbreak, but there may be circumstances where this is not possible.

You should:

- **TAKE ENOUGH WORKS AWAY WITH YOU EACH TIME YOU VISIT**
- **BRING BACK YOUR USED WORKS EACH TIME YOU VISIT**