

PROVIDING
RESCUE BREATHS
IS STILL
SAFE



How can I respond to overdose safely?

- Safety planning for drug use is as important as ever. Carry naloxone and do not use alone. Buddy up to stay safe and try to keep your physical distance (2 metres apart).
- Providing rescue breaths is safe. The face shield in the naloxone kit has a one-way valve and covers a large area of the face of the person who is overdosing. This protects you from their respiratory secretions and droplets.
- If you need to do chest compressions, place a towel or a small piece of clothing over the person's nose and mouth to protect yourself from droplets.
- After responding, dispose of the face shield take off the gloves, and then clean your hands thoroughly.



First Nations Health Authority
Health through wellness

Learn more at
www.fnha.ca/harmreduction

HARM REDUCTION AND COVID-19

PREPARE
YOUR
DRUGS
YOURSELF



How can I practise safer drug use during the COVID-19 pandemic?

- Using with a buddy is safer than using alone but try to stay an arm's length apart (2 metres) to avoid spreading the virus.
- Wash your hands or use wipes before preparing or using your drugs. Prepare your drugs yourself.
- Clean surfaces with soap/water, alcohol wipes, bleach, or hydrogen peroxide before preparing drugs if possible.
- Do not share supplies. If you have to share, wipe pipes with alcohol wipes or use a new mouthpiece.
- If you are self-isolating, connect with a buddy who can bring you food, harm reduction supplies, medicine, and substances so you can stay well. You can also be a buddy to someone who needs extra support. Check in on your buddies regularly.



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