



Sioux Lookout  
First Nations  
Health Authority

# COVID-19 Drug Use Safety Tips

- Wash your hands
- Prepare your own drugs
- Get extra harm reduction supplies, if you are able to
- Prepare for unplanned withdrawal
- Don't share drug equipment
- Avoid putting drug bags / wraps in your mouth
- Keep a Naloxone kit with you
- Talk to a nurse with any questions or concerns

**CALL YOUR LOCAL NURSING STATION  
OR TELEHEALTH ONTARIO (1-866-797-0000)**