

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](https://www.hse.ie) and [drugs.ie](https://www.drugs.ie) for updated factual information and advice or call 1850 24 1850.

Protection from coronavirus.
It's in our hands.



Rialtas na hÉireann
Government of Ireland