

COVID19

HARM REACTION

COVID19 Symptoms.



Drink water.

Keep yourself hydrated.



Do not share glasses, cans, cigarettes, joints, tubes, pipes or other paraphernalia for consumption. Collect more NSP kits at harm reduction centers.



Avoid putting wrapped drugs in your mouth, vagina or anus.

If you do so, clean them with alcohol.



If under treatment ask your doctor if you can arrange "take home" of your drugs and avoid appointments.



Minimize all physical contact. Avoid closed places and / or with poor ventilation. Keep a safe distance and use mask.



Overdoses will be more difficult to revert, avoid to use drugs alone and always carry Naloxone.



Prepare your own drugs, do not manipulate or touch the equipment/drugs of other people and do not let others touch your own.



Make sure you have all the drugs, food and drinks needed to avoid possible withdrawal symptoms in the coming weeks.



Wash your hands every time you are in contact with other people, manipulate money or drugs. Do not share towels, avoid touching your face and putting your fingers in your mouth.



Keep the dosage of consumption and try to buy drugs for the days that the confinement is planned, in case your trusted providers become ill or are not available or closed.



If you consume via lungs, the COVID-19 will hamper the inhalation of smoke, since it affects the respiratory system.



If you think you can have COVID-19 don't use Ibuprofen.



If you are having sexual relationships: do not quit your mask or avoid kisses, use condoms + lubricant.



If you change providers, remember to take it slowly when consuming an unknown substance. Avoid the mix of substances guaranteeing a responsible use and avoiding undesired effects.



Open wounds increase the risks. If you snort, make sure you crush your drugs well into powder. If you smoke try to avoid burns and use lip balm.



Please note that during confinement, transfers are limited to doctor's appointments and essential purchases. Avoid fines.



Fever



Shortness of air



Cough



Tiredness

If you have one of these symptoms call to 061/112

