

# DO YOU INJECT DRUGS?

Please read this essential information on coronavirus (COVID-19)

The virus affects your breathing. Drugs like heroin, methadone and valium can also affect your breathing and make you more vulnerable to infection and fatal overdose.

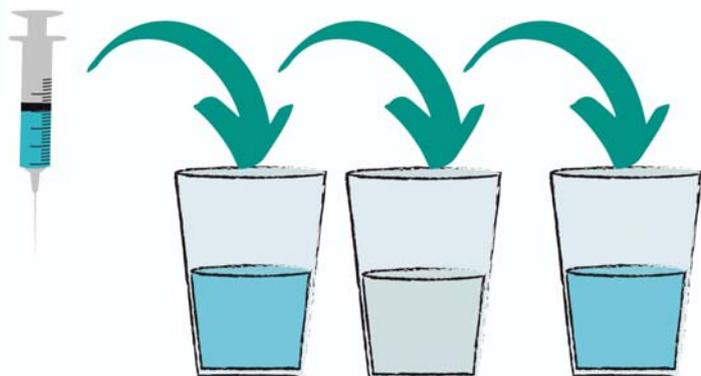
This leaflet tells you how to protect yourself and others.

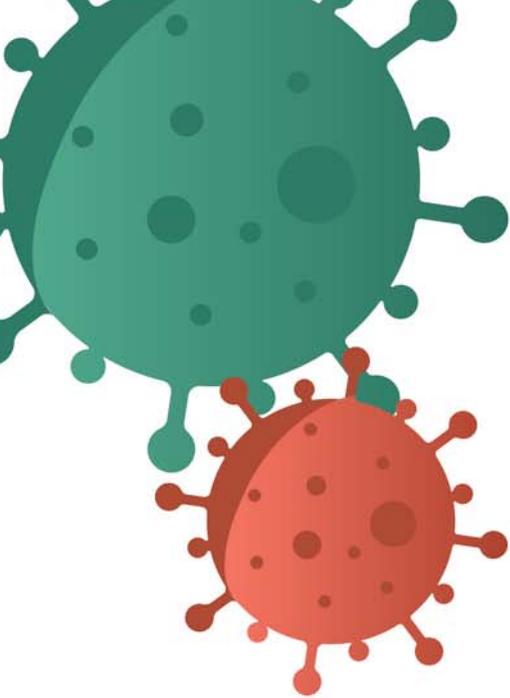
1. Clean any drug packaging, wraps or bags with alcohol wipes as soon as possible after buying
2. Wash your hands for at least 20 seconds regularly - and always before preparing or taking drugs
3. Prepare your own drugs to reduce the risk of infection from others
4. Always prepare drugs on a surface which has been cleaned using antibacterial spray or alcohol wipes or use a temporary surface like kitchen roll or a clean magazine and dispose of it afterwards
5. Wash injecting sites before and after injecting with soap and water – use swabs before injecting only
6. Dispose of all equipment into a sharps bin, do not dip bins

Using new equipment greatly reduces the risk of ALL infections. During the Coronavirus (COVID-19) pandemic, when you go to get new injecting equipment, always try and take enough equipment to last two weeks.

**Make sure you get a Naloxone kit and keep it with you when you are using. Never use alone.**

If you can't get new equipment, ensure works are cleaned using three different containers - see overleaf





### **Container 1 – Water:**

Draw clean water into the syringe from a cup or container until the barrel is full and flush the contents down the sink.



### **Container 2 - Thin Bleach:**

Draw up the bleach into the syringe until the barrel is full and flush contents down the sink.



### **Container 3 – Water:**

Draw clean water into the syringe from a cup or container until the barrel is full and flush the contents down the sink. Never share cups with anyone.

## **Drug supply during the outbreak**

The Coronavirus (COVID-19) outbreak may cause an interruption to the usual supply of drugs. This could mean that drugs are cut with something unexpected or may not contain only (or any of) the drug you expect. Therefore, the risk of overdose may be higher. Test dose first if possible. Do not use alone.

## **Withdrawal**

If you can't get the drugs you usually take, you could experience symptoms of withdrawal. Withdrawal symptoms can include seizures, sickness, diarrhoea, headaches, pains and hallucinations. Severity of symptoms will vary depending on the type and amount of drug used but most symptoms ease with time. You can contact treatment services for advice and support.

## **Taking downers?**

Opiates (like heroin, methadone, dihydrocodeine etc), and benzodiazepines (like valium, temazepam, 'blues', MSJ's) can affect your breathing, and worsen when taken with alcohol. COVID-19 also affects your breathing, so using downers during the pandemic is more dangerous than usual. Do not use alone and have a naloxone kit available.

## **Crack cocaine**

Smoking crack cocaine, both on its own or at the same time as heroin, can also affect your breathing. Covid-19 symptoms will also make this worse.

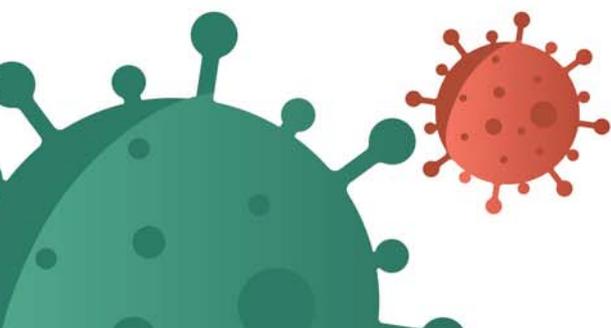
## **Accessing services**

For services in Cwm Taf Morgannwg please call the Drug and Alcohol Single Point of Access (DASPA) on 0300 333 0000 or visit [www.barod.cymru/where-to-get-help/service-2/cwm-taf-adult-services](http://www.barod.cymru/where-to-get-help/service-2/cwm-taf-adult-services)  
For services in Bridgend please call AADAS on 01792 530719.  
For our of hours services, please call DAN 24/7 on 0808 808 2234 or text DAN to 81066

## **Where to get information**

Public health Wales -

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>



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