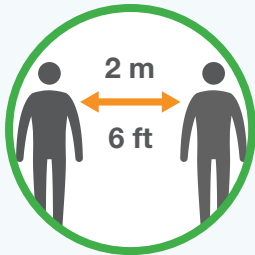
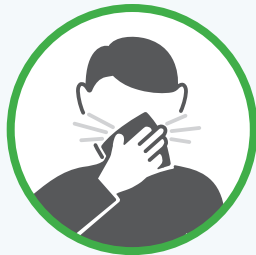


Harm Reduction During COVID-19

Prevention & Physical Distancing



Practice physical distancing



Cough or sneeze into a tissue and throw away



Cough or sneeze into your arm



Wash your hands with soap & water for 20 seconds



Clean your hands with BZK wipes or hand sanitizer

Overdose - Naloxone Response



Be advised when responding to an overdose during COVID-19 pandemic:

- Call 911
- Use naloxone nasal or injection as directed
- Provide CPR (chest compressions)
- NO rescue breaths - during COVID-19

Things to Avoid



Sharing food and drinks



Hugging or shaking hands



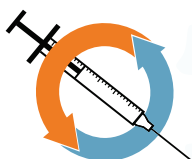
Crowds or gatherings



Touching nose, eyes or mouth



Play dates, parties or sleepovers



Harm Reduction Programs & Services

Programmes et services de réduction des méfaits

Telephone: 705-267-1181
Toll-free: 1-800-461-1818