

# Coronavirus **COVID-19**



Coronavirus  
**COVID-19**  
Public Health  
Advice

## THERE IS ALWAYS RISK WHEN TAKING DRUGS

# DRUG ADVICE

**Now is an extra risky time - it's safer not to use**

**A WEAK IMMUNE SYSTEM AND DRUG USE, CAN MAKE YOU MORE AT RISK OF SERIOUS ILLNESS FROM COVID-19**

- ✓ Wash your hands with soap and water for at least 20 seconds - before and after you handle, prepare or take drugs
- ✓ Use alcohol wipes on surfaces where you prepare drugs (you can get these from needle exchanges and / or pharmacies)
- ✓ If you are snorting drugs, crush as finely as possible before use, to reduce the risk of nasal damage/bleeding
- ✓ Use an unused straw, rolled up post-it or clean piece of paper
- ✓ Look after yourself and look out for others
- ✗ Do not share drug paraphernalia like needles, syringes, spoons, tooters, crack pipes
- ✗ Do not use notes or keys if snorting drugs as they harbour infection
- ✗ Do not pass around or share cigarettes or joints
- ✗ Avoid physical contact with others if preparing or using drugs

**For more information visit [hse.ie/coronavirus](https://www.hse.ie/coronavirus)**

