

Coronavirus COVID-19

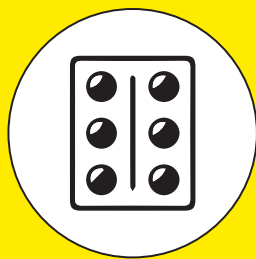


Drug overdose and Coronavirus (COVID-19) It's an extra risky time. It's safer not to use drugs at all.

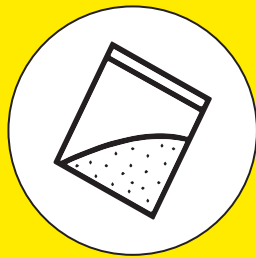
There are new risks during the COVID-19 pandemic.
Changes to the drug market could increase your overdose risk.



You are at greater risk of drug overdose if you have COVID-19.



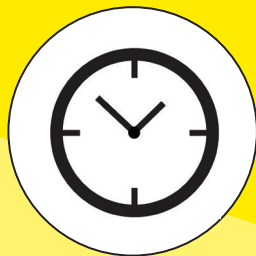
You can't be sure of the contents of drugs or how you will react: tablets not prescribed to you are also a risk.



Changing the type of drugs you use or using new drugs increases your risk of overdose.



Using alone or in isolation is dangerous: let someone know.



Start very low and go very slow and leave at least two hours before using more.



Avoid using more than one drug at a time: this includes using with alcohol and prescription medication like methadone or benzodiazepines.



Tolerance: not taking drugs for a space of time and starting again could lead to overdose.



Think about Opioid Substitution Treatment. This could help you manage your use and reduce overdose. Call your local HSE Drug and Alcohol service for further information.



Get Naloxone for you or a friend. This could save your life.

Don't be afraid to get help if you or a friend becomes unwell after using drugs
It's important you get medical support as soon as possible by calling 999 or 112

The **HSE Drug and Alcohol Helpline** is available Monday–Friday 9:30 am–5:30 pm
on **1800 459 459** for information and support