

# **Recovery of substance users during Coronavirus outbreak**

**keeping yourself and others healthy**

This session will provide you with education to support your substance recovery and to avoid infection with the novel Coronavirus

thanks to all images from Pixabay public domain

# Golden Rules

- **WASH YOUR HANDS WITH SOAP FOR 20 seconds**
  - Multiple times a day
  - Do your fingers separately and your wrists (demo)
  - Keep your fingernails trimmed short
  - Use a nailbrush when you can
- Learn to stop touching your face – PRACTICE exercise
- Cover cough, sneeze, yawns, burps in your elbow
  - Stay in your elbow for the whole duration (demo)
- Eat with your mouth closed, Mom was right

# Keep 6 feet away from others



About the length of a public bench



Or height of a standard door

That way you can safely laugh, sing, and  
debate politics and media all you like







NOT 6 feet



YES 6 feet



# Things You Should Know

**We are here to help**

**BUT**

you will not be able to just walk in  
for help anymore, and hospital beds  
will be harder to find open during  
this pandemic

You will need to call for any help you need. Your care provider will give you numbers that are important to keep!

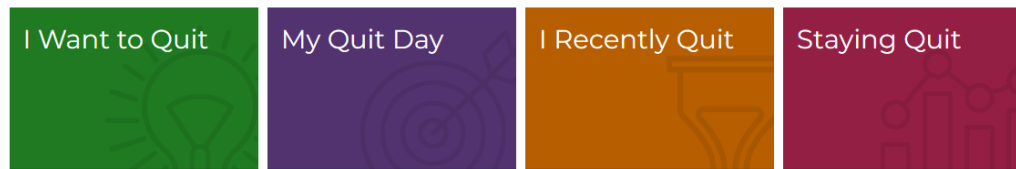


It's a good idea to write these numbers down and to put them in your phone, if you have one. It's a good idea to share these numbers with family or friends in case you lose your own copy

**Most services are going to be  
provided by scheduled phone  
or computer-based visits**  
**AND**  
your privacy will still be respected

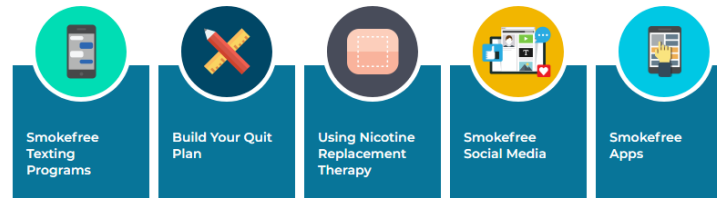
If you smoke anything, we advise you quit now because you will need healthy lungs to fight Coronavirus if you get it

Your care provider can help you to quit with medicine and other supports like Smokefree.gov

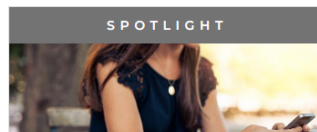


## Tools & Tips

Learn about different tools to help you quit and how to use them.



## ARTICLES & INFORMATION





Substance use disorders weaken  
your immune system.

No matter what you are using.  
Reducing/stopping use helps you  
to fight Coronavirus if you are  
exposed.

**Medications are effective for  
nicotine, alcohol, and opioid  
use disorder**

AND

can be combined with telehealth  
supports

You are more likely to have a  
fatal overdose if you are using  
and you get Coronavirus.  
Reducing/stopping use could  
save your life

**Naloxone remains available**

AND

you and the people you live with  
should have a supply and know how  
to use it

# Narcan nasal spray training video

<https://www.youtube.com/watch?v=tGdUFMrCRh4>

Methadone maintenance programs are taking fewer new patients because of the pandemic.

Vivitrol is an injection and may also be limited during this time.



**For now....**

We are recommending that patients new to medication for opioid use disorder receive **buprenorphine**, a very effective and safe medication

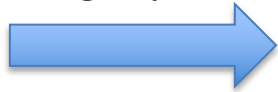
**It is NOT safe for anyone with  
opioid use disorder to be on no  
medication.**



**Also,** there are fewer long-term  
residential options open during the  
pandemic.

Peer support groups like Alcoholics Anonymous and SMART Recovery are also running virtual groups. Your care provider can help you get set up for these.

**Visit [www.intherooms.com](http://www.intherooms.com)**  
see how many meetings and tools  
are available to you at all times  
**AND**  
a new coronavirus support group!!

WOW!



Time	Fellowship	Meeting Name
02:00 AM	Narcotics Anonymous	Living Clean
06:00 AM	Alcoholics Anonymous	Staying In The Black And White
10:00 AM	Alcoholics Anonymous	Not A Glum Lot :o)
12:00 PM	Alcoholics Anonymous	Footprints In The Sand
01:00 PM	Narcotics Anonymous	Back To Basics
02:00 PM	Alcoholics Anonymous	A Day At A Time Big Book Study
	CODA [Codependency]	Monday Afternoon CODA
03:00 PM	Coronavirus Support Group	Coronavirus Support Group
04:00 PM	Alcoholics Anonymous	"Beginners"
06:00 PM	Alcoholics Anonymous	A New Beginning
07:00 PM	Women Warriors	"Women Warriors" 
	Marijuana Anonymous	Turn Over A New Leaf
	Family Connect With Mental Health	Family Connect With Mental Health
08:00 PM	Alcoholics Anonymous	Language Of The Heart
	Illness In Recovery	Illness In Recovery 
09:00 PM	Dual Diagnosis	Dual Diagnosis - Mutual Aid
10:00 PM	Narcotics Anonymous	Monday Night Live
	Alcoholics Anonymous	A Big Book Study
11:59 PM	Alcoholics Anonymous	Recovery In Progress



It is more important than ever  
that you  
**DON'T SHARE**  
beverages, cigarettes, pipes or  
vapes of any kind, needles,  
straws, cottons, etc.



## **Can I have sex safely?**

Saliva contact can transmit.

We don't yet know enough about other sexual behaviors, but sharing substances during sex is dangerous.



Brush your teeth!!  
Coronavirus will infect mucosa  
more easily if you have poor  
oral hygiene. Don't share  
toothbrushes.