Recovery of substance users during Coronavirus outbreak
keeping yourself and others healthy

Partners Health Care March 23, 2020
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.
• 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
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
see how many meetings and tools are available to you at all times
AND
a new coronavirus support group!!
<table>
<thead>
<tr>
<th>Time</th>
<th>Fellowship</th>
<th>Meeting Name</th>
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<tbody>
<tr>
<td>02:00 AM</td>
<td>Narcotics Anonymous</td>
<td>Living Clean</td>
</tr>
<tr>
<td>06:00 AM</td>
<td>Alcoholics Anonymous</td>
<td>Staying In The Black And White</td>
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<tr>
<td>10:00 AM</td>
<td>Alcoholics Anonymous</td>
<td>Not A Glum Lot :o)</td>
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<tr>
<td>12:00 PM</td>
<td>Alcoholics Anonymous</td>
<td>Footprints In The Sand</td>
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<tr>
<td>01:00 PM</td>
<td>Narcotics Anonymous</td>
<td>Back To Basics</td>
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<tr>
<td>02:00 PM</td>
<td>Alcoholics Anonymous</td>
<td>A Day At A Time Big Book Study</td>
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<tr>
<td>03:00 PM</td>
<td>CODA [Codependency]</td>
<td>Monday Afternoon CODA</td>
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<tr>
<td>04:00 PM</td>
<td>Coronavirus Support Group</td>
<td>Coronavirus Support Group</td>
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<tr>
<td>06:00 PM</td>
<td>Alcoholics Anonymous</td>
<td>&quot;Beginners&quot;</td>
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<td>07:00 PM</td>
<td>Women Warriors</td>
<td>&quot;Women Warriors&quot;</td>
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<td>Marijuana Anonymous</td>
<td>Turn Over A New Leaf</td>
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<td>08:00 PM</td>
<td>Alcoholics Anonymous</td>
<td>Language Of The Heart</td>
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<td>Illness In Recovery</td>
<td>Illness In Recovery</td>
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<td>09:00 PM</td>
<td>Dual Diagnosis</td>
<td>Dual Diagnosis - Mutual Aid</td>
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<tr>
<td>10:00 PM</td>
<td>Narcotics Anonymous</td>
<td>Monday Night Live</td>
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<tr>
<td></td>
<td>Alcoholics Anonymous</td>
<td>A Big Book Study</td>
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<tr>
<td>11:59 PM</td>
<td>Alcoholics Anonymous</td>
<td>Recovery In Progress</td>
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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.
Now let’s discuss all of this...and ask your care provider about medications and other important questions you have about your care.