

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



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



HARVARD
MEDICAL SCHOOL

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

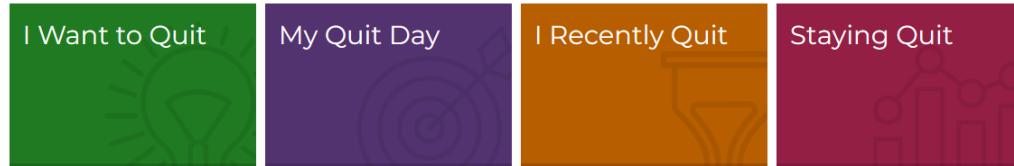


HARVARD
MEDICAL SCHOOL

**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

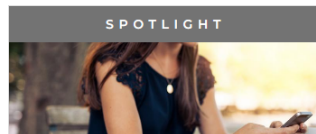


Tools & Tips

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

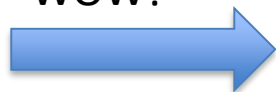
**It is NOT safe for anyone with
opioid use disorder to be on no
medication.**



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
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?

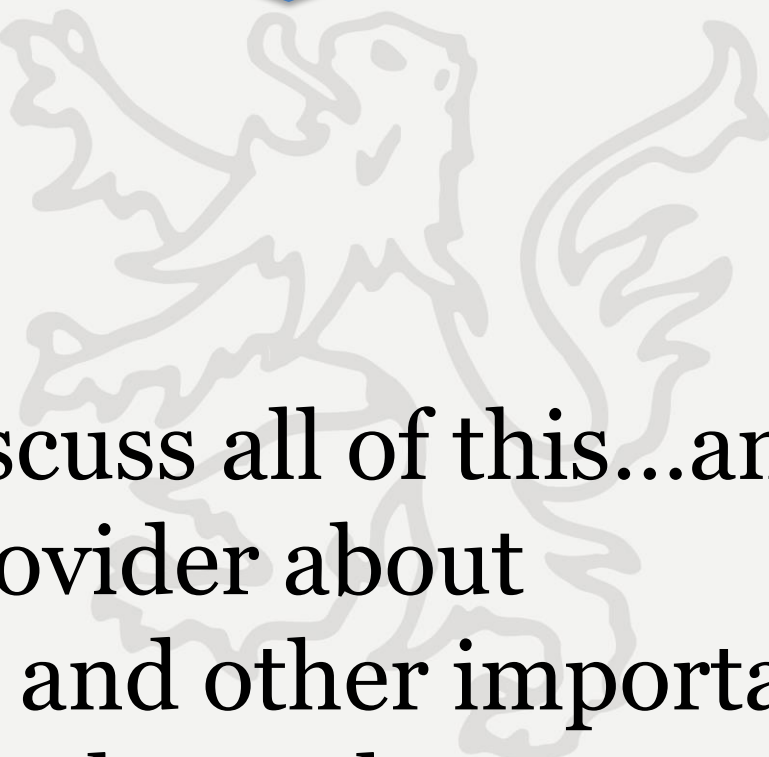
Saliva contact can transmit.

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.

Treatment works!!!!!!



Now let's discuss all of this...and ask
your care provider about
medications and other important
questions you have about your care