

Safer Substance Use During COVID-19

Tips to Prevent Overdose and Infections

Avoid sharing supplies and prepare your own substances

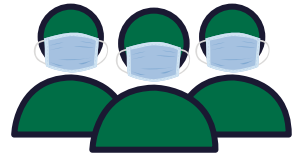
Practice good hygiene measures

- If sharing can't be avoided, clean equipment
- Wash your hands with soap and clean water for 20 seconds or use hand sanitizer
- Keep your surface clean. Use disinfectant wipes/diluted bleach to wipe it down



Don't use alone. Wear a face covering & keep 6 feet distance

- Using alone? Call the "Never Use Alone" hotline at 1-800-484-3731



Use small amounts of a drug at a time

Check street drugs with fentanyl test strips (available at Prevention Point)

Have Naloxone (Narcan) available to reverse an opioid overdose

- Available at pharmacies in PA without a prescription
- Available through ACHD: <http://tinyurl.com/achdnarcan>



Questions about COVID-19?

Call the 24/7 COVID-19 hotline at **1-888-856-2774** or your primary care physician if you have one.
Need immediate medical assistance? Call **9-1-1**.

For Harm Reduction Services



Harm Reduction Services

Prevention Point Pittsburgh

Offering safer smoking, snorting, and injection supplies to reduce the spread of COVID-19, HIV, Hepatitis C and other infections, fentanyl test strips, and harm reduction support and overdose prevention resources.

Call **412-247-3404** for information or to arrange for supply delivery or call the Service Navigator **412-758-4257** if you have questions about accessing local services.

Site Schedule

Visit pppgh.org or call for time and location:



Tuesdays in Perry Hilltop
Wednesdays in the Hill District
Thursdays in Carrick/Overbrook
Fridays in Homewood
Sundays in East Liberty

Treatment and Recovery

Call the **PA Get Help Now Line** at **1-800-662-HELP**

For treatment access, call the **Allegheny County Bureau of Drug and Alcohol Services** at **412-350-3328**

Access a **Case Manager** for help with substance use resources by visiting: bit.ly/AlleghenyCaseManager

For more resources, visit: bit.ly/AlleghenyRecovery