

HARM REDUCTION DURING COVID-19



Clean your hands
with soap or alcohol
-based sanitizer



Don't share gear to
reduce the risk
of virus spread



If using drugs, call
someone to stay on
the phone with you



If you are
with a buddy,
keep a distance
of 6 feet



Use a supervised
consumption service,
if possible



If administering
naloxone, use
disposable gloves
and cover your face

If you ever have difficulty breathing or experience other severe symptoms, call 911.

hamilton.ca/coronavirus

COVID-19 Hotline: 905-974-9848 Email: phscovid19@hamilton.ca