

GUIDELINES FOR PEOPLE WHO USE SUBSTANCES

Using substances during the COVID-19 pandemic may increase vulnerability to serious illness

- Smoking makes breathing problems worse, and could increase the risk of serious complications from COVID-19 if contracted (this includes vaping, cigarettes, and marijuana as well as cocaine and heroin)
- COVID-19 will worsen breathing impacts of opioids, benzos, and alcohol, increasing overdose risk
- Opioid withdrawal may worsen breathing difficulties

TAKE STEPS TO AVOID DISEASE TRANSMISSION

- Don't share e-cigs/vape pens, cigarettes, bongs, joints, needles, etc.
- If you have to share, wipe down mouthpieces with an alcohol swab between uses
- Clean drug packages before & after use
- Wash your hands before and after use, and before and after handling money

BE PREPARED TO AVOID WITHDRAWAL IF YOU USE DRUGS REGULARLY

- You may not have access to your drug of choice. Talk to a medical provider about starting methadone or buprenorphine (drugs that prevent withdrawal from opioids)
- Make sure you have all the necessary medications, food, and drinks needed if you do have to detox on your own

IF YOU WANT TO GET HELP

- The Alcohol & Drug Program has licensed counselors who can help by phone or zoom. Call us to schedule a free & confidential session
- Gauchos for Recovery is offering online recovery meetings and peer outreach. Visit UCSBGFR.com
- Medications to reduce withdrawals are available at Student Health. Contact ADP to learn more

TAKE STEPS TO AVOID OVERDOSE

- Try to avoid using alone. Have someone available 6 ft away, or in the next room
- If you have to use alone, ask someone to be on the phone with you
- Call the hotline "Never Use Alone" (800) 484-3731. Someone will stay on the line with you while you use and will notify emergency services if you do not respond after a set amount of time
- Keep a supply of Naloxone and let others know where it is - law enforcement and paramedics may be delayed if they are responding to a high volume of calls related to COVID-19

HOW TO GET NALOXONE

- The Alcohol & Drug Program is continuing to distribute Naloxone kits
- Staff will deliver one to you or distribute it to you at Embarcadero Hall
- Naloxone is free and confidential. No information will be recorded about anyone who requests it