

Important information for

PEOPLE WHO USE DRUGS OR ALCOHOL

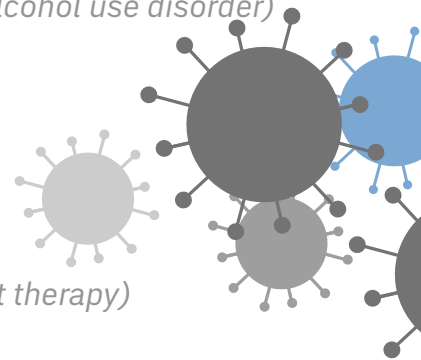
Buying drugs or alcohol may put you in situations where you contact others and increase your risk of catching or spreading COVID-19. Your doctor or nurse practitioner (NP) can help you make a plan to reduce your contact with others, reduce the need to purchase drugs or alcohol, and help prevent withdrawal.

Prescription medications may be suitable to help prevent withdrawal from any of these substances:

OPIOIDS, STIMULANTS, BENZODIAZEPINES, ALCOHOL, AND TOBACCO

You and your health care provider (doctor or nurse practitioner) should discuss your needs and circumstances and determine a care plan. Options may include:

- o **Creating a treatment plan together**
 - o *Reduce in-person contact for your care (for example, providing longer prescriptions so you don't have to see your provider in person)*
 - o *Explore options for fewer pharmacy visits (for example, longer carries where appropriate)*
 - o *Determine what to do if your pharmacy is closed so you can stay on your medication*
- o **Treatment with medication**
(for example, Suboxone for opioid use disorder or naltrexone for alcohol use disorder)
- o **Creating a plan to avoid withdrawal**
(for example, self-managing alcohol intake)
- o **Prescribing non-traditional medications to replace illicit use**
(for example, prescribed opioids, benzodiazepines, or stimulants)
- o **Connecting with other resources**
(for example, a managed alcohol program or nicotine replacement therapy)



Talk to your doctor or NP about medication options to reduce your risk



No doctor?
Call 8-1-1 for support



The BC Centre on Substance Use has published new clinical guidance to support prescribers and people who use substances mitigate risk of withdrawal. Find it here: www.bccsu.ca/covid-19