

## General Health Advice:

General symptoms of Corona Virus are:

- a high temperature - feeling hot to touch on your chest or back (don't need to take your temperature)
- a new continuous cough - coughing for more than an hour or 3 or more coughing episodes in 24 hours (if you usually have cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy, hospital. Use 111 online coronavirus service ([111.nhs.uk/covid-19](https://111.nhs.uk/covid-19)). Call 111 if you can't get help online.

If you have an **underlying health conditions** that makes you more vulnerable: You are **strongly advised to stay at home at all times** and avoid any face-to-face contact for a period of at least 12 weeks (as advised by a letter from your GP). Please note that this period of time could change. Visits from people who provide essential support to you such as healthcare, personal support with your daily needs or social care should continue, but carers and care workers must stay away if they have any of the symptoms of coronavirus.

## Government guidance as of March 23 (effective immediately)

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection the following measures have been introduced:

- Requiring people to stay at home, except for very limited purposes
- Closing non-essential shops and community spaces
- Stopping all gatherings of more than two people in public

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them – including through fines and dispersing gatherings. The Government will look again at these measures in three weeks, and relax them if the evidence shows this is possible.

## You should only leave the house for one of four reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home.



**For people who use substances:**

- Wash hands thoroughly for at least 20 seconds with soap and water (or alcohol gel when unavailable) before and after handling any drugs or drug using equipment
- You could be more vulnerable to infection: if you smoke, you are more likely to have chest issues. If infected, you could struggle with inhaling substances. However, injecting is still a really big risk. Oral and anal are safer alternative ways of taking drugs.
- Make sure you have a clean surface before you prepare your drugs.
- Don't share from bags of drugs or drug paraphernalia like pipes, bongs, vapes, joints, snorting tubes or injecting equipment. Colour coding may be useful.
- Use new paraphernalia each time and make sure you know how to get access to new injecting equipment: avoid using things like cards, notes or keys which can harbour viruses.
- In case of accidental opioid overdose, make sure you have access to enough naloxone, ask Forward Leeds if you don't have any
- Prepare your drugs yourself and avoid touching other people's drugs or equipment.
- If you have difficulty in getting hold of substances, ask for advice on how to reduce risks and how you can be supported and especially when self-reducing.
- For every new supply, make sure you only try a small amount first, especially if using a new supplier or a supply that appears different
- Before injecting, crush substances down as fine as possible before use to reduce damage to the body
- Keep all injection sites clean and try to rotate injection sites so that the area doesn't get sore which makes it easier to get wound infections.
- Stay well hydrated and eat nutritious meals regularly.

**If you have a prescription for substance misuse treatment:**

- Check if there will be any changes to how you will receive your prescribed medication: for prescriptions from Forward Leeds, collections will be reduced (for example from daily to 3 times/week)
- If you have to self-isolate, make sure you let the service know and keep in touch. Make sure they have your up-to-date contact details.
- If you are receiving a detox or dose reduction, this may be put on hold until the service can offer you more face to face reviews as usual.

**Managing your mental health during isolation and social distancing:**

- Try to notice the positives if you can.
- People are out there caring for each other through community help groups
- Take breaks from social media and limit watching the news
- Stay connected with people wherever you can using online apps etc
- Express your worries and acknowledge your anxieties - talk to trusted people about how you are feeling or contact A Mental Health First Aider. Basis can direct you to a list of them.
- Keep active and have routines wherever you can