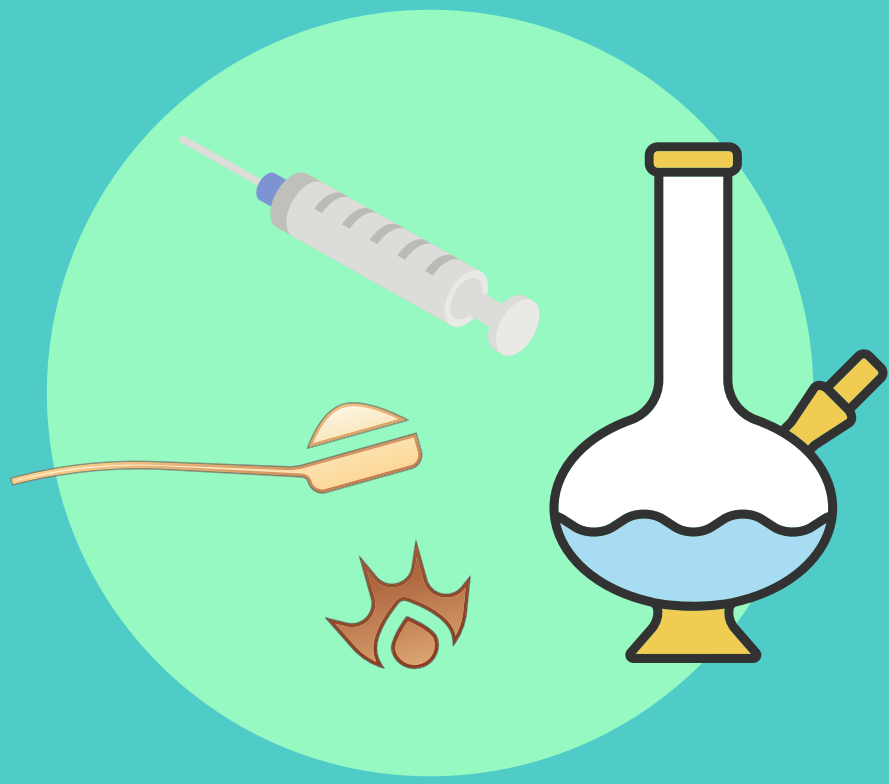


• REDUCING HARM FROM DRUG & ALCOHOL USE DURING COVID-19 •



INCREASE CLEANING PRACTICES

COVID-19 is transmitted through respiratory droplets and can live on surfaces for several days, so properly cleaning and minimizing the sharing of works is vital.



CONSIDER RISK FACTORS

There was recently an uptick in vaping-related lung injuries, so be mindful that it is currently unknown what effects, if any, vaping has on those who are positive for COVID-19.



BE MINDFUL

Substance use can affect decision making, which can lead to poor physical distancing, or increased touching of the face (eyes, nose, mouth).



KNOW YOUR SUPPLY

Be more careful than usual about where you get and how you prepare your stash.



IDENTIFY OTHER WAYS TO DISCONNECT

If you find yourself using more because of unfilled time, seek out other interests that are both rewarding and enjoyable.



CONSIDER ALTERING HOW YOU CONSUME

Marijuana edibles may have less impact on the lungs than smoking, and drinking from a cup vs. a bottle may assist with pacing yourself.

For more information about reducing harm from drug and alcohol use during COVID-19, check out:

[Safer Drug Use During the COVID-19 Outbreak - Does Vaping Raise Your Risk of COVID-19](#)

[Safer Marijuana Use During the Coronavirus Pandemic - What to Do if You're Drinking Way More During Self-Isolation](#)

If you are looking for recovery-related support at this time, check out these [SAMHSA Virtual Recovery Resources](#).