



Under Cowichan Tribes' *Shelter in Place Order*:

- It's OK to visit the **Overdose Prevention Site** for safe use and supplies.
221 Trunk Rd, noon to 8:00pm every day.
- It's OK to meet a buddy to use drugs, but stay outdoors, keep a safe distance (6ft), don't share supplies. Using with a buddy to prevent overdose death is a medical necessity.
- Deliveries of substances and alcohol are allowed. Keep delivery no-contact.
- Do NOT go inside other households; do NOT have your buddy inside yours.
- If you are under isolation due to COVID-19, you MUST stay home and self-isolate.

If You Are Under Isolation Due To COVID-19:

- You MUST stay home and self-isolate.
- Ask a buddy to bring you the drugs, alcohol, supplies, and medicines you need to stay well. DO NOT leave home to get them.
- Ask a buddy or family member to phone, video, message, or wait outside your door while you use, so they can call 9-1-1 if you overdose.
- If you need Narcan (naloxone), call Ts'ewulhtun (250) 746-6184.
- **Safer supply of drugs is available.** Call 8-1-1 or Ts'ewulhtun (250) 746-6184.
- If you do use alone, download and use the **Lifeguard app** – it can call help if you overdose alone.

If You Need Help, Call Ts'ewulhtun Health Centre (250) 746-6184



Please Don't Use Drugs Alone!

The drug supply is toxic and deadly. There is a high risk of overdose death.

Most overdose deaths happen when people use alone, and no one can call help.

Use with a buddy, but keep a safe distance (6 ft) and stay outdoors.

Buddy Up To Use, But Prevent COVID-19 Spread:

- Keep a safe distance (6 ft), wear masks, stay outdoors.
- Protect your household. Stick with the same buddy, keep your bubble tight.
- Don't share supplies, pipes, or cigarettes. If you have to share, wipe pipes with alcohol wipes or use a new mouthpiece.
- Prepare your drugs yourself. Wash hands/use wipes before preparing or using.
- Clean surfaces with soap/water, alcohol wipes, bleach, or hydrogen peroxide before preparing drugs if possible.
- You can also ask a buddy to phone, video, or message while you use, so they can call 9-1-1 if you overdose.

Always Remember:

- Carry Narcan (naloxone) at all times.
- Don't use when your buddy is, so one of you can call help during overdose.
- Start small and go slow.
- Call 9-1-1 right away if there are signs of overdose.
- Be a buddy to someone who needs support. Safely check in regularly.**

Tl'i' to' mukw' mustimuhw | Each person is important