

DRUG AND ALCOHOL USE DURING COVID-19

Changes to the way people use drugs and alcohol may increase the risk of overdose. Here are some ways to practice safer drug and alcohol use:

Practice Mindful Drinking

Keep track of when and how much you drink

Eat food and drink non-alcoholic beverages

Avoid mixing drugs and alcohol

Participate in activities that do not center around alcohol

Practice Safer Drug Use and Prevent Overdose

Avoid using alone

Always have naloxone, also known as Narcan, nearby in case of an overdose



Start with less and use slowly

Changes to the type of drugs you use and how much you use can affect your tolerance and increase the risk of overdose

Avoid mixing drugs



Do not share drug use supplies, such as syringes or pipes

Be aware of fentanyl, a powerful opioid found in the drug supply that increases your risk of overdose

GET THE RIGHT SUPPORT FOR YOU.

- Connect with syringe service program (SSPs) for sterile supplies and harm reduction services.
- Speak to your health care provider about methadone or buprenorphine for opioid use treatment.
- Talking to someone may help. NYC Well is your connection to free, confidential mental health support available 24/7 in over 200 languages. Trained counselors can provide brief counseling, connection to naloxone and referrals to care. Call **888-NYC-WELL** (888-692-9355), text **WELL** to **65173** or visit nyc.gov/nycwell to chat online.



FOR MORE INFORMATION:

For information on syringe service programs in New York City, go to nyc.gov/health and search for **syringe services**.

For more information on COVID-19 and where to get vaccinated visit nyc.gov/health/coronavirus.

Call the COVID-19 hotline at **212-COVID19** (212-268-4319) to get the latest information, find COVID-19 testing locations and get questions answered by experts.