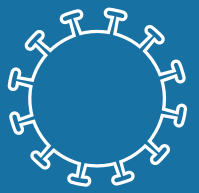


METHAMPHETAMINE, COCAINE AND COVID-19 HEALTH RISKS



Regular use of stimulants such as methamphetamine and cocaine negatively affects health and can put people who use these drugs at greater risk for COVID-19.

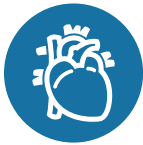
USING STIMULANTS CAN



Suppress the immune system, making you more vulnerable to infection



Negatively impact the lungs and impair breathing



Increase your heart rate and blood pressure, putting added stress on your body



Lead to skin problems from itching and scratching, making you more vulnerable to infection

HOW TO REDUCE YOUR RISK



Practice safer drug use

- Use with people you know and trust, while maintaining physical distancing
- Avoid using stimulants multiple days in a row
- Avoid sharing needles, syringes, straws and pipes
- Prepare your own drugs



Practice good hygiene

- Use in a safe and clean environment
- Use clean equipment
- Wash your hands after contact with others, and before preparing and using your drugs



Stock up on supplies

- Medications
- Injection supplies
- Drugs, if possible and safe: having larger amounts of drugs can be dangerous



Canadian Centre
on Substance Use
and Addiction

For more information, visit our COVID-19 resources page at
www.ccsa.ca