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

For more information, visit our COVID-19 resources page at [www.ccsa.ca](http://www.ccsa.ca)