

COVID-19 Resource Guide for Hetrick-Martin Members & HMHS Students

New York City Health Department Resources

- [Coronavirus Disease 2019 Website](#)
- [COVID-19 Factsheet](#) (additional languages on our [website](#))
- [Stop the Spread of Coronavirus Flyer](#) (en español)
- [COVID-19 Stigma Incident Survey](#)

New York City Resources

- Text "COVID" ("COVIDESP" en español) to 692-692 for regular updates from [Notify NYC](#)
- [NYC Human Rights](#) or call 311 and say Human Rights
- [COVID-19 Weekly Information Call for Community and Faith-Based Leaders](#) hosted by NYC Office of Emergency Management
- [NYC Well](#)
 - Call 1-888-NYC-WELL
 - For Relay Service for Deaf/Hard of Hearing: Call 711
 - Español: Press 3
 - 中文: Press 4
 - Text "WELL" to 65173
 - [Chat online](#)

Centers for Disease Control Resources

- [CDC COVID-19 Schools, Workplaces and Community Locations Guidance](#)
- [CDC Resources for Community and Faith Leaders](#)
- [CDC Mitigation Strategies for Communities with COVID-19 Transmission](#)
- [CDC Pandemic Flu NPI \(Non-Pharmaceutical Interventions\) Planning Guides](#)

Guidance from Mayor's Office for People with Disabilities

- Please visit: <https://www1.nyc.gov/site/mopd/resources/covid-19-resources-for-people-with-disabilities.page>

Guidance for People Who Use Drugs

- **Prevent COVID-19**
 - Stay home.
 - Even if you feel well and have no symptoms, you must stay home as much as you can.
 - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
 - Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands.
 - Do not touch your eyes, nose or mouth with unwashed hands.
 - Do not shake hands. Instead, wave.
 - Monitor your health more closely than usual for fever, cough, difficulty breathing, sore throat, or other cold or flu-like symptoms.
 - Create more personal space between yourself and others, including by keeping at least 6 feet from others. This is called social distancing or physical distancing.
 - If you do not have a stable place to live, limit movement as much as possible and try to stay at least 6 feet away from other people.
- **Tips for Safer Drug Use**
 - Wipe down drug packaging, supplies and surfaces before use with disinfecting products, diluted bleach, or products with at least 70% alcohol.
 - Prepare your drugs yourself.
 - Avoid using alone but maintain physical distance with people you are with.
 - Try to limit the number of people you interact with. For anyone you do not live with, maintain a distance of at least 6 feet.
 - Carry naloxone. Naloxone is a safe medication that can reverse the effects of an opioid overdose.
 - Create an overdose safety plan with someone who knows you are going to use.
 - If you are going to use alone, call the “Never Use Alone” hotline at 800-484-3731 before using.
 - Contact a syringe service program (SSP) to see if they are delivering sterile drug use supplies and naloxone.

- Be prepared for potential shortages or changes in the drug supply.
- **If you inject:**
 - Avoid sharing works.
 - If you have to share or reuse syringes (and other equipment), rinse thoroughly with clean water between uses.
 - If using bleach, leave in the barrel for at least 30 seconds. Rinse barrel thoroughly by flushing with clean water after bleaching.
 - If possible, prepare and administer your own injection.
 - Do not lick the needle.
 - **If you use pipes, bongs, straws or e-cigarettes:**
 - Avoid sharing. Wipe down the parts that you touch with your lips, nose or hands with an alcohol swab between uses.
- **Additional Guidance**
 - If you take any medications, talk to your medical provider about getting extra medication to reduce trips to the pharmacy.
 - If you are on medication for opioid use disorder such as methadone or buprenorphine:
 - Contact your opioid treatment provider to discuss your options for telemedicine appointments.
 - Talk to your opioid treatment provider about your options for take-home medication.
- **Resources**
 - **Syringe Service Programs (SSPs)** are programs that provide services and sterile drug equipment to people who use drugs. Call your local SSPs to find out what services are being provided during the COVID-19 outbreak. Visit nyc.gov/health and search for **syringe service programs**.
 - **To find naloxone near you, visit nyc.gov/nycwell or call 888-NYC-WELL (888-692-9355).** Contact community-based programs and pharmacies about naloxone availability before visiting their locations, as hours and availability may have changed as a result of responses to the COVID-19 outbreak.
 - **NYC Well:** NYC Well staff are available 24/7 and can provide brief counseling and referrals to care in over 200 languages. For support, call

888-NYC-WELL (888-692- 9355), text "WELL" to 65173 or chat online by visiting nyc.gov/nycwell.