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](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.