



# Substance use and #COVID19

**Under no circumstances** should you use any type of substances as a means of preventing or treating COVID-19 infection, or dealing with your fear, anxiety, boredom or social isolation. Substance use **WILL NOT** protect you from COVID-19, or help you deal with your emotions and stress. Substance use and isolation may also increase the risk of suicide so call a helpline if you have suicidal thoughts

## What you need to know



**Do not use any type of substances** including prescription drugs such as opioid analgesics (e.g. tramadol) and benzodiazepines without consultation with and close monitoring from your doctor. Help others do the same as substances do not protect against COVID-19.

**Avoid using substances** as they can increase your risk of acquiring COVID-19 infection through shared objects (e.g. tableware, waterpipes for smoking, syringes), and neglecting health protective measures like hand hygiene, respiratory etiquettes and physical distancing.



**Do not undermine your own immune system and health** by using substances as they can result in worse outcomes from COVID-19 (e.g. smoking and inhaling substances can reduce your lung function and increase your vulnerability to infections).

**Reach out for help** if you or someone close to you are using substances or suffering from substance use disorders (i.e. a strong internal drive to use a substance and continue using it irrespective of its harm).

