

COVID-19 Harm reduction factsheet for people who use drugs

Summary: This harm reduction factsheet provides advice for people who use drugs (like crystal methamphetamine 'ice') and/or drink alcohol during the COVID-19 pandemic.

The advice provided equips people with important information about how to minimise the spread of the virus as well as reduce harms if they are using substances.

Note: This resource was developed in Queensland, but the advice is nationally applicable. If you need support call the National Alcohol and Other Drug Hotline on 1800 250 015 or visit our page on where and when to get help.

Developers: This resource was developed by Insight.

Year: 2020

Costs: Free to download

Evidence base: This resource has undergone expert review.



Coronavirus is serious and it's spreading.

It may not be obvious if someone has been infected with coronavirus.

Most people experience mild to moderate symptoms, which can feel like the flu or a really bad cold, or like opioid withdrawal. Common symptoms include fever, cough, sore throat, shortness of breath/difficulty breathing and fatigue. Symptoms show up between 2 and 14 days after exposure, although some people only experience very minor or no obvious symptoms at all.



It is important to be aware that:

If you drink alcohol or use drugs regularly, you may be at greater risk of contracting COVID-19 and of experiencing it more severely than the general population.

If you smoke you may also be at greater risk.

Your risk is also increased if you have an underlying health condition such as heart disease, lung diseases (e.g. asthma or COPD), diabetes, HIV/AIDS, are immunocompromised, or if you are over 60 years of age.



It is important to be aware that:

If you have one or more of these conditions – or live or spend significant time with someone who does – it is advised that you minimise physical contact with others immediately.



Centre for alcohol and other drug
training and workforce development

[Access the resource](#)