

# COVID19

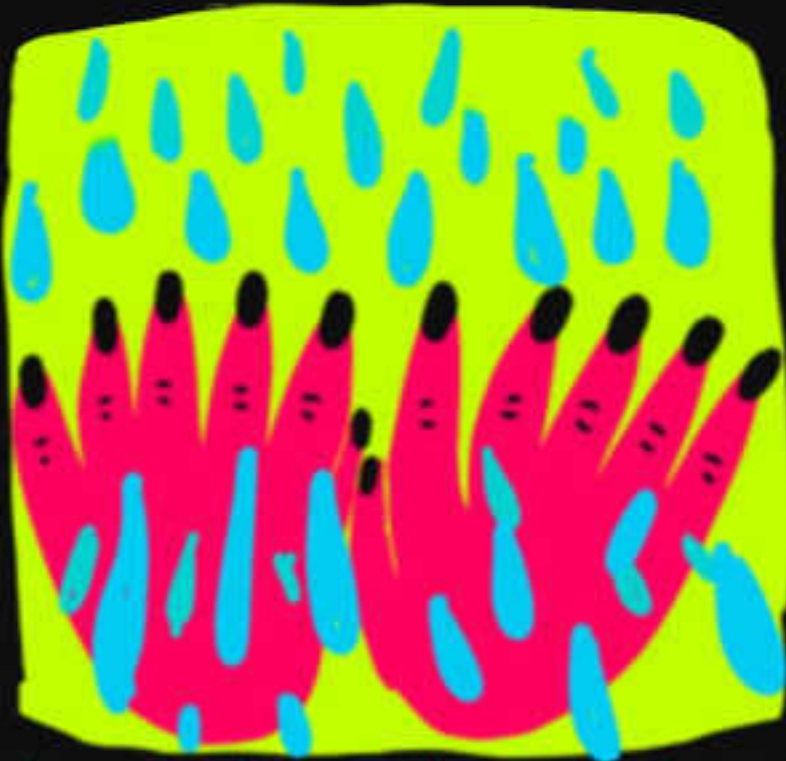


Drink water.

Keep yourself hydrated.



Minimize all physical contact. Avoid closed places and / or with poor ventilation. Keep a safe distance and use mask.



Wash your hands every time you are in contact with other people, manipulate money or drugs.

Do not share towels, avoid touching your face and putting your fingers in your mouth.



If you are having sexual relationships: do not quit your mask or avoid kisses, use condoms + lubricant.





Do not share glasses, cans, cigarettes, joints, tubes, pipes or other paraphernalia for consumption. Collect more NSP kits at harm reduction centers.



Overdoses will be more difficult to revert, avoid to use drugs alone and always carry Naloxone.



Keep the dosage of consumption and try to buy drugs for the days that the confinement is planned, in case your trusted providers become ill or are not available or closed.



If you change providers, remember to take it slowly when consuming an unknown substance. Avoid the mix of substances guaranteeing a responsible use and avoiding undesired effects.



# HARM REACTION



Avoid putting wrapped drugs in your mouth, vagina or anus. If you do so, clean them with alcohol.



Prepare your own drugs, do not manipulate or touch the equipment/drugs of other people and do not let others touch your own.



If you consume via lungs, the COVID-19 will hamper the inhalation of smoke, since it affects the respiratory system.



Open wounds increase the risks. If you snort, make sure you crush your drugs well into powder. If you smoke try to avoid burns and use lip balm.



# HARM REACTION



If under treatment ask your doctor if you can arrange "take home" of your drugs and avoid appointments.



Make sure you have all the drugs, food and drinks needed to avoid possible withdrawal symptoms in the coming weeks.



If you think you can have COVID-19 don't use Ibuprofen.



Please note that during confinement, transfers are limited to doctor's appointments and essential purchases. Avoid fines.



# COVID19

Symptoms.



Fever



Shortness of air



Cough



Tiredness

If you have one of these symptoms call to 061/112





## **FIGHT AGAINST RACISM And STIGMA**

Discrimination has augmented with the emergence of COVID-19, in particular to people of Asian origin. It is fundamental to combat racism.

If you see somebody with symptoms pass him/her our advice and don't let stigma rule you!





## SORORITY AND MENTAL HEALTH

Do not forget to listen to yourself: anxiety and stress, at times like these, are normal, put them in perspective and maintain your social contacts: by telephone, with your street partners or with your neighbors. We survive with empathy, solidarity and mutual support.

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## RESOURCES FOR VIOLENCE SURVIVORS CONTINUE OPEN!

Now that some services are shut down you may feel more unprotected. If you are confined, it's possible that you spend more time than you wish with somebody that you aren't comfortable with. If possible keep bonds with trustworthy relationships through telephone or social networks. If you feel in danger talk with friends.

If you suffer male chauvinistic assault, homophobia or transphobia or if you know of somebody that is experiencing gender violence – bullying or sexual violence, among others, do not hesitate to make contact with the specialized services .

Take care of yourself, without interrupting your treatments and protecting the most vulnerable people: those who have a more compromised immune system, the olderlies and those who have chronic illnesses.



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## HARM REACTION

The neighborhood is organized through the Xarxa Supor Mutu del Raval, you can sign up to the Telegram channel. If you do not have the application, at Metzineres we provide you the contact.

Metzineres (15h-20h), c/ Vistalegre 24,  
Raval, 936398589 /  
[metzineres@metzineres.org](mailto:metzineres@metzineres.org)

