

## **COVID-19 GUIDANCE FOR PATIENTS ENGAGED IN BUPRENORPHINE TREATMENT AT MONTEFIORE**

At Montefiore we are doing all that we can to provide opioid use disorder treatment during the COVID-19 emergency. We understand that this can be a difficult time for you and would like to offer as much support as we can.

### **MEDICATION and TREATMENT**

- As a result of the COVID-19 precautions, we will only be conducting virtual visits instead of in-person visits. If you have an urgent medical or mental health problem that needs a physician evaluation, the nurse care manager will connect you with a virtual visit with a provider.
- The nurse care manager will work diligently with you to ensure you have enough medication on hand.
- We ask that you do not wait until you are completely out of your medication to request a refill. Please call us a couple of days before you run out of your medication so that we can help you with your refill.
- If you are in need of a naloxone (narcan) kit, please let the nurse care manager know so that we can advise you on where to get one.

### **STRESS and RELAPSE**

- STRESS can result from a number of things such as loss of work, childcare, finances etc. Stress can be a trigger to use drugs again, even when you are working hard at recovery. If you feel like you are at risk of relapse, PLEASE REACH OUT. We are here to help.
- Practicing self-care can help with stress. Some suggestions are reading, mediation, guided imagery, exercising, and calling the Montefiore relaxation hotline at **718-920-CALM**.

### **RECOVERY SUPPORT**

- Some meetings (AA, NA) may have limited attendance. Check the [aa.org](http://aa.org) website for information on groups that are meeting near you. If you are attending a group, try to maintain at least 6 feet between yourself and others. Avoid hugging or shaking hands.
- Check the AA Intergroup (<http://aa-intergroup.org/directory.php>) website for online support group options.

### **COVID-19 COUNSELING**

- Symptoms of infection include fevers, cough, sore throat, body aches, diarrhea, and fatigue. Most people will be able to get better on their own without testing or treatment.
- For some people, infection can lead to severe shortness of breath. This is the reason you should go to the nearest ED/hospital for testing and supportive care. Give us a call if you have questions about this.
- Age over 60 and having certain medical conditions (asthma, COPD, heart disease, diabetes, kidney disease, high blood pressure, or cancer), puts people at increased risk of getting very ill from COVID-19.
- You should limit all travel, including travel to even nearby places, unless absolutely necessary.
- If you need to travel, make sure you have enough medication or can connect with a treatment provider where you are headed.

## **WAYS TO CONTACT THE BUPRENORPHINE NETWORK**

- 718-405-8227 (direct line)
- [Bupe@montefiore.org](mailto:Bupe@montefiore.org)