

TIP SHEET FOR BUPE TREATMENT DURING CORONAVIRUS

HOW TO KEEP YOURSELF AND OTHERS HEALTHY

CONTACT US AT: (XXX) XXX-XXXX OR XXXX

YOUR BUPE TREATMENT



We are **here for you** and are committed to continuing your treatment and supporting you during this stressful time.



Our visits will now be **telephone visits**, instead of in the clinic, in order to keep you safe.



Be sure to write down our contact information in a few places if you need to contact us.

Our visits will be **scheduled** and your provider will call you. Make sure we have your current telephone number and best way to reach you.



If you are interested in **treatment for alcohol use or cigarette smoking**, talk to your provider. We have effective medications to help you cut down and quit.

STRESS, RELAPSE AND SUPPORT



This can be a stressful time for many people. Stress can also be a **trigger** and risk to return to drug and alcohol use. If you feel like you are at **risk of relapse**, **PLEASE REACH OUT**. We are here to help support you.



To deal with stress you can try reading, music, mediation, guided imagery, exercising, and calling the Montefiore relaxation hotline at **718-920-CALM**.



If you see a **mental health provider**, continue doing this with telephone visits. If you would like to start, talk to your provider to arrange.



For more support, check out some **online support groups**.

[intherooms.com](https://www.intherooms.com)

<https://www.smartrecovery.org/community/>

<http://aa-intergroup.org/directory.php>

KEEPING YOURSELF SAFE



Talk with your provider to make sure you have an **adequate supply of your prescription medications**.

Make plans to ensure you can get your medications if you are sick or quarantined.

Make sure you have **naloxone/NARCAN** (opioid overdose medication) at home and everyone at home knows how to use it. Ask your provider if you do not have this already or check out nextdistro.org to get free naloxone and supplies mailed to you.

If you are using, **practice safe drug use**.

Use **sterile** supplies

Do NOT share supplies with others

Never use alone (800) 484-3731

Use **test doses**

Use **fentanyl test strips**

Always have **NARCAN**



CORONAVIRUS— STAYING HEALTHY



Anyone can get sick with coronavirus. Older people over the age of 60 and with certain medical conditions like heart and lung disease and diabetes are at a higher risk.



STAY HOME as much as possible, limit any travel



STAY 6 FEET AWAY FROM OTHER PEOPLE

WASH YOUR HANDS often and avoid touching your face

COUGH and SNEEZE into your **ELBOW**



IF YOU ARE SICK and think you have the coronavirus (fever, fatigue, cough, difficulty breathing), **CALL YOUR DOCTOR!**



Cutting back and **QUITTING SMOKING** can keep you healthy!