DRUG AND ALCOHOL USE DURING COVID-19

Changes to the way people use drugs and alcohol may increase the risk of overdose. Here are some ways to practice safer drug and alcohol use:

**Practice Mindful Drinking**
- Keep track of when and how much you drink
- Eat food and drink non-alcoholic beverages
- Avoid mixing drugs and alcohol
- Participate in activities that do not center around alcohol

**Practice Safer Drug Use and Prevent Overdose**
- Avoid using alone
- Always have naloxone, also known as Narcan, nearby in case of an overdose
- Start with less and use slowly
- Changes to the type of drugs you use and how much you use can affect your tolerance and increase the risk of overdose
- Avoid mixing drugs
- Be aware of fentanyl, a powerful opioid found in the drug supply that increases your risk of overdose
- Do not share drug use supplies, such as syringes or pipes

**GET THE RIGHT SUPPORT FOR YOU.**
- Connect with syringe service program (SSPs) for sterile supplies and harm reduction services.
- Speak to your health care provider about methadone or buprenorphine for opioid use treatment.
- Talking to someone may help. NYC Well is your connection to free, confidential mental health support available 24/7 in over 200 languages. Trained counselors can provide brief counseling, connection to naloxone and referrals to care. Call 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell to chat online.

**FOR MORE INFORMATION:**
For information on syringe service programs in New York City, go to nyc.gov/health and search for syringe services.
For more information on COVID-19 and where to get vaccinated visit nyc.gov/health/coronavirus.
Call the COVID-19 hotline at 212-COVID19 (212-268-4319) to get the latest information, find COVID-19 testing locations and get questions answered by experts.

The NYC Health Department may change recommendations as the situation evolves. 4.21.21