

July 2021

# Tips for Safer Substance Use as Restrictions Ease

As COVID-19 restrictions ease, the toxic drug supply continues to be a concern.

Please remember,

## When buying drugs:

- **Know your dealer;** try to buy from the same source and before using, ask others about what they are experiencing with the same drug or batch
- **If possible, check what's in your drugs at local drug checking services** (e.g. Toronto Drug Checking Services)

## When using drugs:

- **Use slowly;** don't feel pressured to rush; do a tester dose first to see how you feel
- **Carry naloxone,** call York Region Public Health for naloxone and other harm reduction supplies at **1-877-464-9675 ext. 76683**
- **A buddy system is safer than using alone.** When using substances, use with someone else and take turns spotting for one another
  - Stay six feet from your buddy if you're not from the same household to reduce COVID-19 transmission
  - If you are alone, the services below will support you over the phone and call 911 if needed:
    - **The Krasman Centre Safer Use Peer Support Line (1-888-233-5633)**
    - **National Overdose Response Service (1-888-688-6677)**

**Get vaccinated against COVID-19! Walk-ins for first and second doses are accepted at most vaccine clinics. Visit [york.ca/covid19vaccine](https://york.ca/covid19vaccine) for more information.**

If you are feeling depressed, lonely, anxious, scared, angry,  
or have other mental distress, call **310-COPE** at

**PUBLIC HEALTH**  
[york.ca/opioids](https://york.ca/opioids)

1-855-310-2673 or (TTY)  
1-866-323-7785.

Report a bad reaction to drugs to York Region Public Health  
at [York.ca/ReportBadDrugs](https://york.ca/ReportBadDrugs).