

COVID-19 and Substances

Reducing your risks

If you are using substances like cannabis, alcohol, tobacco or vaping products you can reduce the spread of COVID-19 and protect your health by following some of these useful tips:



Don't share joints, pipes, bongs, vapes or drinks

COVID-19 is spread through droplets from the mouth and nose. These droplets can travel from person to person when substances are shared.

Remember to stay 2m away from others and avoid groups of people.



Wash/sanitize your hands before and after using

Before and after smoking or vaping, wash your hands with soap and water for 20 seconds if available. If not, use hand sanitizer with 70% alcohol content. Avoid touching your nose, mouth, or eyes with unwashed hands.



Smoking/vaping can impact lung health

Smoking and vaping is harmful to your lungs, which may put you at higher risk for COVID-19 and other health issues.



Get help and support when you need to

It's okay to not be okay. If you or someone you know needs support for mental health or substance use, call **Chatham Kent Mental Health Crisis Line: Phone 519-436-6100 or 1-866-299-7447**

Professional support available 24/7/365



519-355-1071 x1900



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