

COVID 19

Be Safe – Be Kind – Be Respectful

Please consider how you can literally prevent *thousands of people* (your family, friends and others) and **YOU** from becoming sick and dying from this virus.

As someone who uses nicotine, cannabis and other substances, there is evidence to suggest that **smokers** (of anything) are up to **10 times** more likely to become severely ill if they get COVID 19

Here are some things you can do that will make a BIG difference:

* **Don't share** vape pens, joints, bong, or anything else you use, to reduce risk of spreading the virus

* Try to **cut back or stop** smoking if at all possible to reduce your own risk. Find other ways to occupy your time at home other than using... and let us know if you need extra support from us to do this

* **Stay home (please!)**- Physical distancing is really important.. if you are sick and don't know it, and are in contact with 3 people and then spread it, in a few days 1000's of people can get sick.

If you are around others, stay 6 feet apart

* **Wash your hands!** (a lot) **20 seconds** each time with soap (bar or liquid) or use hand sanitizer

Find a song you like that is 20 seconds long and hum/sing it while you wash (there are sites where you can customize a song you like for this purpose)

* Avoid touching your face (eyes, nose, mouth) if you haven't recently washed your hands