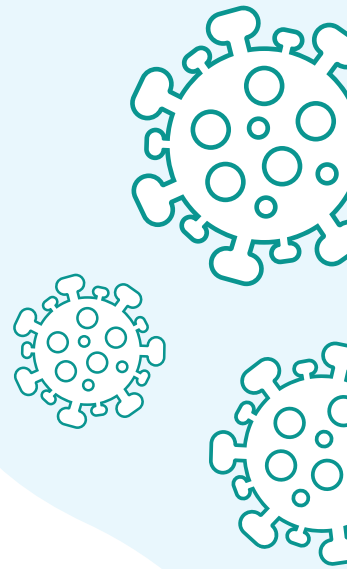
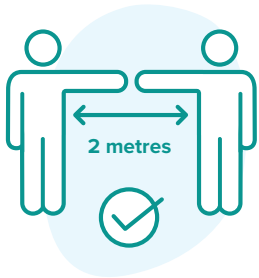


# When it comes to COVID-19, **SHARING ISN'T ALWAYS CARING**



## Do your part & stay apart



Staying inside may seem boring at times, but it's important to remain at home as much as possible, especially if you're sick.

If you have to leave your home, **do not** gather in groups and keep two arms lengths from people you don't live with. Stay active by going for a walk around a quiet neighbourhood with family or those in your household. And always remember to wash your hands.

## Safer use



Many people may choose not to use substances at this time, but if you do use, keep in mind that **sharing is not caring**.

To decrease transmission of the virus, wash your hands before you eat, drink or smoke and vape. Make sure you drink from your own bottles and smoke from your own vapes, joints, pipes, etc. **Don't use alone**. Make a plan with a buddy and keep your distance if possible!

## Connect



You might not be sharing physical space, but it's super important to stay connected with friends and loved ones. Have **virtual hangouts** using Facetime, Instagram, Snapchat, TikTok, Zoom, Skype or through other social media channels.

## Reach out

**For substance use support, call:**  
CAIT 604-209-3705

**If you're in distress, call:**  
Crisis Line 1-800-SUICIDE  
Kids Help Phone 1-800-668-6868

**Chat online:**  
youthinbc.com  
kidshelpphone.ca/live-chat

**Check your stress:**  
Mindshift CBT app  
Headspace app

**For more information:**  
[www.vch.ca/covid19](http://www.vch.ca/covid19)