

Resources for Lifestyle Management during Self-Isolation

Helpful resources for managing lifestyle activities during self-isolation and/or quarantine. Learn how to best prevent COVID-19 spread with sexual partners within your home, drug use, household pets, and outdoor play for children.



Sex and COVID-19: Partners Within Your Home

Infographic from NASTAD on the different levels of risk for spreading COVID-19 with sexual partners within your home. Find information on having sex with a partner with a high-contact job, when you can have sex again after testing positive, informing sexual partners you have tested positive for COVID-19, and more.

Accessible from: https://www.ncsddc.org/wp-content/uploads/2020/07/Sex_COVID_InHome.pdf

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Harm Reduction During COVID-19

Infographic from Toronto Public Health on harm reduction practices to prevent the spread of COVID-19. Includes information on maintaining proper hygiene, using a supervised consumption service, and administering naloxone.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/04/9484-COVID-19-Harm-Reduction-Infographic.pdf>

211 Program: Government, Community-based, Non-Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

COVID 19: Advice for People Who Use Drugs Leaflet

Leaflet from the International Network of People who Use Drugs (INPUD) on COVID-19 specific advice for people who use drugs. Find information on precautions for individuals who use drugs, COVID-19 prevention, how to safely prepare substances, and more.

Accessible from: <https://www.inpud.net/en/covid-19-advice-people-who-use-drugs-leaflet>

COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs

Guidance from the National Harm Reduction Coalition for people who use drugs during COVID-19. Find advice and tips on how to practice safer drug use, keep clean, stock up on supplies, and tips for community-based syringe services and harm reduction providers.

Accessible from: <https://harmreduction.org/blog/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

COVID-19: Reduce Virus Spread

A page by the City of Toronto providing tips on how to reduce virus spread during COVID-19. Find out how to practice physical distancing, practice safer sex, ensure food safety, wear a face covering, safely perform CPR during COVID-19, and other advice for specific needs.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/>

COVID-19: Advice for Specific Needs

Information from the City of Toronto providing tailored health advice for those with specific needs during COVID-19. Find out how to prevent the spread of COVID-19 if you are a pet owner, a senior, use substances, communicate with the deaf or hard of hearing, co-parent in a shared custody agreement, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/>