

## Resources for Emergency Scenarios in Self-Isolation

Information regarding emergency preparedness in self-isolation, including performing CPR with hands only, how to respond to a drug overdose, administering naloxone, and other safety protocols.



## COVID-19: Hands-Only CPR Guidelines

Guidance from the City of Toronto on how to perform CPR using only hands. CPR can be performed using this method if there is a risk of COVID-19 transmission.

**Accessible from:** <https://www.toronto.ca/community-people/public-safety-alerts/training-first-aid-courses/covid-19-public-hands-only-cpr-guidelines/>

## COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

**Accessible from:** <http://www.healthdesignstudio.ca/covid-19-printables.html>

## 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: Overdose Response Tips**

Tips by the City of Toronto on how to safely help someone who may be overdosing during COVID-19.

**Accessible from:** <http://www.hivresourcesontario.ca/wp-content/uploads/2020/04/COVID19-Overdose-Response.pdf>