

SUPERIOR POINTS HARM REDUCTION PROGRAM

MOBILE OUTREACH (THUNDER BAY)

Weekdays - 11:00am to 8:00pm



621-7861 | 621-7862

COVID-19 | Tips to Protect Yourself

Stay Healthy

- Wash your hands often with soap and water for at least 20 sec, or use hand sanitizer. If these aren't available, try to use alcohol-based hand wipes.
- Avoid touching your face
- Sneeze or cough into your sleeve
- Take your medications daily

Practice Physical Distancing

- Avoid hugs and handshakes.
- Keep 2 metres (2 arms lengths) from other people
- Don't share drinks and be careful about sharing food
- Try to stay with the same small group of people instead of a big group



Thunder Bay District
Health Unit

If you use drugs...

- Call Superior Points at 621-7862 for delivery of supplies, including naloxone
- Don't share any of your gear such as cigarettes, pipes, needles, swabs, joints
- Clean your space when you use drugs – use swabs
- Fix your drugs yourself
- Buddy up when you are using, but keep 2 metres apart (2 arms lengths)
- Path 525 remains open during COVID-19 for supervised consumption – call ahead for hours

If you feel unwell

- Try to self-isolate and keep your distance (2 metres / 2 arms lengths) from others
- Tell your outreach worker, support worker or health care provider
- Go to a shelter (Shelter House, Salvation Army) or see the street nurses to be screened for COVID-19
- Shelter staff will help you find a safe place to self-isolate if needed