



# Substance Use Disorder Guidance During COVID-19

**BE AWARE** that some early symptoms of withdrawal and COVID-19 infection are similar. These include fever and muscle soreness. If symptoms include a persistent cough, it could be COVID-19 and you should call your local health department.

- YOU ARE AT AN INCREASED RISK OF BECOMING SERIOUSLY ILL OR DYING**
  - COVID-19 infection will worsen breathing impacts of opioids, benzos, and alcohol
  - Opioid withdrawal may worsen breathing difficulties
  - Smoking, including drugs like crack or meth, makes breathing problems worse

**DIFFICULT TO INHALE**  
If you smoke drugs, like crack or meth, cigarettes or vapes, COVID-19 infection will make it more difficult to inhale smoke. Smoking drugs, cigarettes, or vapes will worsen breathing problems.

**IF YOU THINK YOU'RE GETTING SICK**  
Stay home! Consider using a telehealth option for your addiction support groups.

**BE PREPARED FOR INVOLUNTARY WITHDRAWAL**  
Be ready to go through involuntary withdrawal due to your drug supply being disrupted. Talk to a medical provider about starting methadone or buprenorphine. Make sure you have all the necessary medications, food, and drinks needed to help detox. Try to have protein-based and electrolyte drinks like Pedialyte or Ensure on hand.

We understand substance use is a complex problem that can affect every aspect of your life. Peace River Center's Substance Use Disorder Services staff is here to help, even during the coronavirus outbreak. Our innovative programs and team of highly trained, caring professionals provide a comprehensive network of education, assessment, treatment and referral services to help keep you from relapsing and teach you how to build your life without drugs or alcohol.

Services, based on individual need, range from Outpatient to Intensive Outpatient and Aftercare Services. We serve adolescents, adults, court ordered, voluntary, individuals with co-occurring mental health disorders, and families. We also offer medication assisted treatment. Recovery is a time for discovery and change. Treatment will help clients with that change and help them reach their fullest potential. Call (863) 248-3311 for a referral to our Substance Use Disorder Services program.

The expanded Mobile Crisis Response Team is also available to help 24-hours a day by calling (863) 519-3744 or toll-free (800) 627-5906.

