



# Substance Use Disorder Guidance During COVID-19

**BE AWARE** that some early symptoms of withdrawal are similar to COVID-19 symptoms. These include fever and muscle soreness. If symptoms include a persistent cough, the patient should be tested for the virus.

**According to the CDC, there has been an increase in drug, alcohol and tobacco use as individuals try to cope with the stresses of COVID-19. Whether it be the isolation of social distancing, loss of job, or fear of contracting the virus, many individuals are resorting to unhealthy coping mechanisms like substance use.**

**As a primary care provider, it is important to be mindful of the signs and symptoms of substance use and to be screening patients who exhibit these behavioral signs:**

- Increased aggression or irritability
- Changes in attitude or personality
- Lethargy
- Depression
- Dramatic changes in priorities or habits
- Disclosing the use of substances

**In addition to behavioral signs, it is important to be mindful of physical signs of substance use:**

- Bloodshot or glazed eyes
- Dilated or constricted pupils
- Abrupt weight changes
- Disruptions in sleep patterns such as insomnia or sleeping too much
- Poor physical coordination
- Changes in personal grooming habits

If you have a patient that you have screened for a potential substance use disorder, please call Peace River Center at **(863) 248-3311** for a referral to our Substance Use Disorder Services program.

We understand substance use is a complex problem that can affect every aspect of a patient's life. Peace River Center's Substance Use Disorder Services staff is here to help, even during the coronavirus outbreak. Services are based on individual need and 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.

**If you have a patient who is in crisis or struggling with urges to use drugs/ alcohol, please call our 24-hour Crisis Line at (863) 519-3744 for immediate intervention and assessment. For substance use and mental health resources, visit our website at <https://www.peacrivercenter.org/resources/> and <https://www.peacrivercenter.org/services/substance-use-treatment/>.**