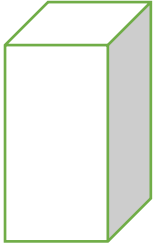


HELPING CHILDREN STAY SAFE DURING CORONAVIRUS

SAFE STORAGE BOX



All drugs and medication should be stored in a lockable cupboard and/or in a safe storage box.

Boxes should be kept out of reach of children preferably in a high cupboard. Methadone and buprenorphine **SHOULD NEVER** be stored in your fridge.

Storage boxes are available from Nottingham Recovery Network, CGL Jigsaw and Broad Street

Please let us know if you do not have one

DURING THIS DIFFICULT TIME THE BEST THING YOU CAN GIVE YOUR CHILD IS YOUR TIME AND ATTENTION:

Implement routines where possible. A routine will help children feel safe and secure.

Establish or maintain sleep patterns, eating patterns and regular play/activities.

- Children on a child protection plan **CAN** go to school.
- Check with your child's school regarding vouchers for school meals.

NEVER EVER give methadone to your child **AS LITTLE AS A TEASPOON OF METHADONE COULD KILL YOUR CHILD OR YOUNG PERSON**

If your child has swallowed methadone they may:

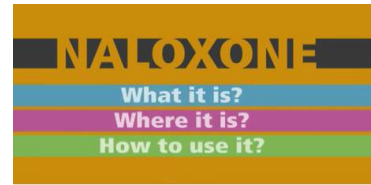
- Turn pale
- *Develop a cold, sticky sweat*
- Become unconscious or unable to be woken up
- *Make unusual snoring/gurgling noises / breathing difficulty*

If your child is not breathing at all, start mouth-to-mouth resuscitation until the ambulance arrives.

Over half of cases of poisoning to children are caused by them swallowing medication or drugs.

Never give your baby drugs or alcohol to settle them.
IT COULD BE FATAL.

EVERYONE SHOULD HAVE NALOXONE IN THEIR HOME – if you do not have naloxone or it is out of date, we can deliver it to you.



(Youtube)

Naloxone video everyone should watch

<https://www.youtube.com/watch?v=-llt3BpRxBU>

or type into youtube: naloxone for carers

All adults in your home should know where it is and how to use it.

Naloxone for carers training remains available via telephone or video calls.

Seeing a parent or adult overdose is extremely traumatic to a child.

If you are on your own and overdose, will anyone know your child needs help?

TALK TO YOUR CHILD ABOUT WHAT TO DO IN AN EMERGENCY

- *Have your mobile switched on.*
 - *Have your personal details visible in the home.*
 - *Make sure they have your address.*
- Teach your child to call 999 in case of an emergency.**

Do not use drugs in front of a child.

CGL JIGSAW CAN OFFER SUPPORT TO YOUR CHILD

We don't need to talk to your child about drugs if you don't want us to, but we can offer them someone to talk to about how they are feeling.



Change
Grow
Live

Nottingham
T: 0115 9484314

JIGSAW

Nottingham

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KEEPING YOURSELF SAFE DURING CORONAVIRUS

Preventing overdose



You may get extra medication during this time. Taking more than your usual dose in one go can lead to overdose. Mixing any drugs with alcohol also increases your risk of overdose.

Your tolerance will be reduced if you cut down or struggle to get access to drugs

BE EXTRA CAREFUL

If you don't have any Naloxone or your kit isn't complete get in touch with your keyworker or call broad street needle exchange on **0115 9055001**.

CALLING AN AMBULANCE IS NOT THE SAME AS CALLING THE POLICE. IF YOU OR SOMEONE ELSE NEEDS MEDICAL ATTENTION GET HELP.

PLEASE KEEP ALL MEDICINES AND EQUIPMENT LOCKED AWAY FROM CHILDREN. IF A CHILD IN YOUR HOUSE SWALLOWS ANY DRUGS OR MEDICATION CALL 999 IMMEDIATELY.

Keeping yourself and others safe

If you or anyone you live with have any Coronavirus symptoms, **please do not** go into services. Ring to talk to us about what you need, and we will do our best to get it out to you.

Wash your hands with hot soapy water for at least 20 seconds regularly, but especially when you have been in contact with other people or handled money.

CORONAVIRUS HYGEINE

WASH YOUR HANDS

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Wipe drug packages with an alcohol-based cleaner before using them and don't let other people touch or use your drug taking equipment.

Be careful taking any drugs from new sources or from places you don't 100% trust – homemade drugs / drugs bashed up can cause lots of problems.

Preparing for change

Make sure you plan ahead; it is especially important at the moment as many services are running reduced opening hours.

If you are not currently on a script please call Nottingham Recovery Network on 0800 066 5362 ASAP.

Call the services you might need support for over the coming weeks and check what their current operating hours are.

Make sure that you have enough equipment to use in case you get ill. If you are in a high risk group this is especially important as you should be leaving the house as little as possible or not at all.

BROAD STREET WILL PROVIDE YOU WITH ADDITIONAL INJECTING EQUIPMENT.

If you are unable to smoke heroin you could snort it – chop it finely.

If you are unable to smoke it or snort it, you can dissolve it and put it up your bum (heroin only – not crack).

Speak to your keyworker for more support

Looking after your mental health

It's really important to make sure you're looking after your mental health, as well as your physical self. See this image for a great way to check in with yourself each morning:



Our Weekly News Bulletin

We have some great resources online and are publishing more help and support every week. Here is a link to one of our bulletins with lots of information inside:

[https://mailchi.mp/d10e7d49c98f/academy-bulletin-urgent-covid-19-update-issue-date-18-03-1334895?e=\[UNIQID\]](https://mailchi.mp/d10e7d49c98f/academy-bulletin-urgent-covid-19-update-issue-date-18-03-1334895?e=[UNIQID])