

## Coronavirus Advice

To protect yourself and other people:

! Wash your hands with soap and water often – do this for at least 20 seconds

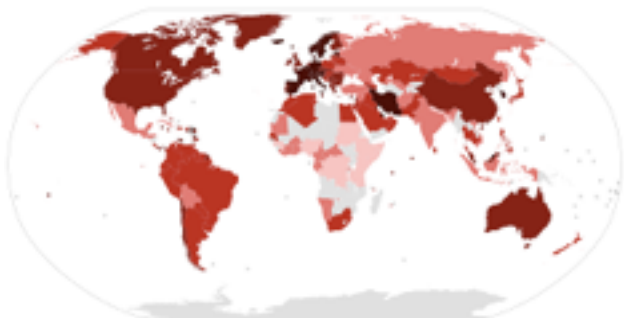
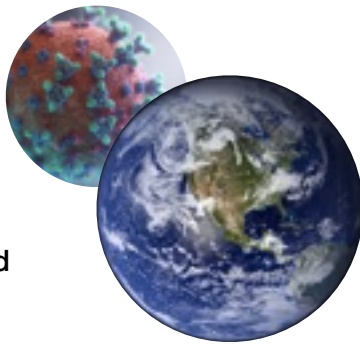
! Always wash your hands when you get home or into a different environment

! Use hand sanitiser gel if soap and water are not available

! Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

! Put used tissues in the bin straight away and wash your hands afterwards

! Try to avoid close contact with people who are unwell



## Telephone appointments

### Important information

GSSMS are currently restricting face to face appointments and your named nurse will monitor you by telephone as it is important that we help you to keep safe during this time.

Please make sure that we have up to date telephone numbers for you.

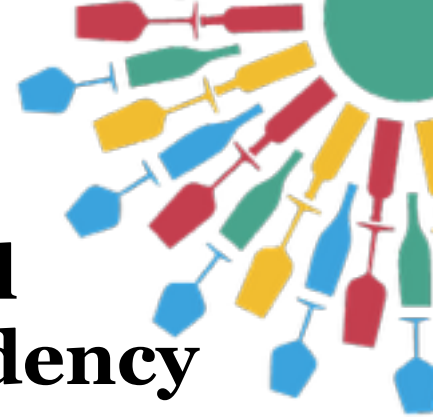


Tel: (01633) 216777

Gwent Specialist Substance Misuse Service  
139 Lower Dock street  
Newport  
Gwent  
NP20 1EE



# Alcohol Dependency During Coronavirus Pandemic



During this coronavirus pandemic it is important to keep yourself as safe as possible. GSSMS has therefore put together this leaflet of harm reduction advice for all our service users.

If you are being prescribed medication by the service, we are doing all we can to ensure that this is not disrupted in any way, although some changes to your medication may be necessary to help with this. If changes are required, we will contact you and discuss it with you. If you have concerns about your medication, please contact your named nurse.





## How to maintain your wellbeing

### **F = Focus on what is in your control**

You can't control what happens in the future. You can't control Coronavirus itself or the world economy or how your government manages this. You can't magically control your feelings, eliminating all that perfectly natural fear and anxiety. However, you can control what you do - here and now and that matters.

### **A = Acknowledge your thoughts and feelings**

What thoughts, feelings, emotions, memories and urges are showing up inside of you?

### **C = Come back into your body**

Come back into and connect with your physical body.

### **E = Engage in what you are doing**

Focus your attention on the activity you are doing.

### **C = Committed action**

Consider what are the simple ways to look after yourself  
What are the most effective ways to spend time?

### **O = Opening up**

Make room for difficult feelings and be kind to yourself.  
Ask yourself if someone you loved was going through this how would I treat them? What might I say or do?  
Then try and treat yourself the same way!

### **V = Values**

Be guided by what you value in life. What sort of person do you want to be? How do you want to treat yourself and others?

### **I = Identify resources**

Offer support to others and use trustworthy and reliable guidance.

### **D = Disinfect and distance**

## Alcohol use harm reduction advice



Currently all non-urgent NHS inpatient work has been suspended and most planned admissions for alcohol detoxification fall within this category. We appreciate that this is frustrating but there are some things you can do to reduce your risks.

- Try to continue drinking at a steady level; alcohol withdrawal can be dangerous particularly if you have previously experienced seizures, confusion or hallucinations when withdrawing.
- If you are admitted to hospital for another reason, tell the medical team straight away that you are dependent on alcohol and will need treatment for withdrawal.
- If you are unable to get hold of alcohol and this puts you into withdrawal please seek medical advice as soon as possible; if withdrawal symptoms cannot be controlled by drinking more alcohol, attend your local Emergency Department.
- If you want to try to gradually reduce the amount you drink at home, contact your nurse in GSSMS and work on this together.
- Do not attempt any other form of detox at home – if detox is not properly controlled it can lead to dangerous withdrawal.
- Try to eat well especially fruit, vegetables and wholegrain foods. Avoid meals high in carbohydrates.
- Try and drink plenty of water.

The most common **symptoms** of coronavirus (COVID-19) are recent onset of:

- New continuous cough and/or



- High temperature



For most people, coronavirus (COVID-19) will be a mild infection. If you think you have been infected then you should follow the advice on the Public Health Wales website: <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>