

FACE COVID

F = Focus on what is in your control

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you are doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect and

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 the government manages this. You can't magically control your feelings and eliminate all natural fear and anxiety.

But you can control what you do - Here and now. And that matters.



Acknowledge your thoughts and feelings



Committed action

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



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

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.



Come back into your body

Come back into and connect with your physical body.

Values

Be guided by what you value in life. What sort of person do you want to be?



Engage in what you are doing



Focus your attention on the activity you are doing.

Identify resources

Keep yourself busy. People like routines. Use trustworthy sources for information



Disinfect and distance psychically



Harm Reduction 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.



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
- Do not touch your eyes, nose or mouth if your hands are not clean

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/>

Drug use harm reduction advice

- Please ensure you take your medication as prescribed. If you have take-home doses make sure they are stored in a safe place, preferably in a locked box or cupboard.
- Please make sure you have a naloxone kit (one that is in date) at home and make sure it is in a place where others can find it in an emergency. Make sure you are not alone when using.
- Needle exchange services are open so clean supplies can be obtained. Consider taking more equipment than you would normally in case you have to stay at home or services are disrupted.
- Be aware that strengths of drugs may vary as supply chains are affected – try a small amount first (taste the hit).

Telephone Appointments

GSSMS are not currently holding 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.



Gwent Substance Misuse Service
139 Lower Dock Street
Newport
Gwent
NP20 1EE
Tel: (01633) 216777