



## CADS & Covid-19 Information for clients

Please note this information is only about what is happening at CADS.

### CADS at Alert Level 1

At Alert level 1 CADS is largely back to business as usual.

We will no longer be screening clients, whānau, visitors and contractors on arrival at a CADS site though we will check that people are not presenting with cold and flu symptoms and have not had any contact with the border.

**We are also asking all visitors and staff to:**

- Stay home if you're sick
- Call your doctor or Healthline and get tested if you have symptoms of cold or flu
- Scan the QR code before entering our buildings and to keep track of where you've been and who you've seen. We also have booklets available if you prefer to keep track of your movements manually
- Minimise physical contact while in a CADS building though there are no physical distancing requirements at Level 1
- Wash your hands and use hand sanitiser which is available in all our public spaces
- Sneeze or cough into your elbow or into a disposable tissue or your elbow
- Wear a mask if you feel more comfortable doing so
- Regularly disinfect shared surfaces. Clinell wipes will be available in all group rooms
- Stay healthy, work with your GP if you have underlying health issues
- Use the Bluetooth tracing function of the Covid tracer app. This is a function within the app and not automatically done by turning on the Bluetooth on your phone. The Bluetooth tracer identifies if you have been in proximity to someone who is has been flagged as a contact to a potential or positive Covid case enabling contact tracing to be carried out swiftly.
- Be kind to others and to yourself.

### Our services

- The in-patient unit is open and visitors are welcome
- Most AOTS doctor and keyworker appointments have returned to normal. If you meet up with AOTS at one of our satellite sites and it would be easier for you to do these meetings via Zoom let your key worker know
- Altered High is open to support young people. We are doing home and community visits, meeting face-to-face and running groups as well as doing business via Zoom.

- CADS groups are happening
- Discussion continues about the ongoing use of Zoom for some activities and of course your opinion on this is really important so please give the Consumer Team a call or text with your thoughts about this or your experience during the different alter levels:

Marc and Renee	09 815 5830
Marc (CADS Abstinence programme)	021 982 432
Renee (CADS Counselling North, West, South & Central)	021 592 143
Andrew (Ak Opioid Treatment Service)	09 815 5830 or call or text 021 325 597

## Reducing the harms of AOD use during this time

Please practice all the harm reduction tips associated with whatever drug/s you use. Info available at [www.cads.org.nz/reducing-harm/](http://www.cads.org.nz/reducing-harm/) For example:

- Don't share e-cigs, cigarettes, pipes, bongs, joints or nasal tubes. And *never* share injecting equipment.
- Wash your hands with soap and water or use hand sanitiser before handling any drugs (breaking pills, sharing out buds etc.), any bags, and avoid using from shared bags.
- Ensure all equipment is clean and sterile before using it.
- Prepare your drugs yourself and keep all surfaces clean.
- And try cutting down on or avoiding tobacco so your lungs can be more prepared to fight any illness.

PS. Currently there is no reliable research or science about whether coronavirus can be transmitted sexually. To play it safe we recommend using barrier protection such as dental dams, condoms, and latex gloves.

*Stay safe. Stay well.*

*And take a bit of extra care to keep ourselves and our whānau safe.*

*Kia kaha.*

