



## CADS & COVID-19 Information for clients Alert level 3

Auckland is now at Alert level 3. We are staying current with the latest advice from the Government and health authorities and will continue to respond accordingly as levels change.

To find out what is happening in CADS keep an eye on our website [www.cads.org.nz](http://www.cads.org.nz)

### Getting vaccinated

Of course we are **encouraging our clients and staff to get vaccinated** so that we are all better protected from COVID-19.

It's important that everyone does this but it's especially important for people who have **existing health conditions** as they are most at risk if they get COVID-19.

It's also important to have **both doses** of the vaccine so if you do catch Covid-19 **you are much better protected** from getting sick as your immune system will be better prepared to fight it off. According to the Centre for Disease Control people who are not vaccinated are 5 times more likely to contract COVID-19 in the first place and 29 times more likely to be hospitalised.

We know there is a lot of conflicting information out there from social media to letterbox leaflets. If the information is not linked directly to reputable sources like the Ministry of Health website or the Immunisation Advisory Centre we advise you to be cautious, even sceptical about it.

So far over four billion COVID-19 vaccine doses have been given worldwide in over 190 countries. This includes over 300 million doses of the Pfizer vaccine which is being used in over 110 countries including Aotearoa. Evidence to date indicates long-term side effects from the Pfizer vaccine are extremely rare. If you are unsure of the safety and/or effectiveness of the vaccine you can find info about this at <https://covid.immune.org.nz/> and <https://covid19.govt.nz/health-and-wellbeing/covid-19-vaccines/vaccine-development-and-safety/side-effects-of-covid-19-vaccines/>

If you're not vaccinated already you can phone **0800 28 29 26** between 8am and 8pm, 7-days a week or you can book online at <https://bookmyvaccine.covid19.health.nz/>

There are some places including some pharmacies where you can just walk in – no need for a booking. You can find the locations of all the vaccination centres at <https://www.healthpoint.co.nz/covid-19-vaccination> On this site you are able to select by area and service type (e.g. GP, pharmacy or special vaccination centre), and can request or find out about disability assistance.

Another option to find available vaccination booking slots is the non-government app <https://vaxx.nz> which works on mobile devices. This shows all sites offering booked, walk-in and drive through vaccines – and the number of available slots if you want to make a booking.

### So what's happening at CADS?

At level 3 we are still **minimising face-to-face** contacts. This is to keep you, the community, and our staff safe.

Staff are available during usual business hours (8.30am – 4.30pm) so calls from clients and referrers will be answered or returned.

If you arrive at a CADS site please read the notice on our front doors. They contain contact details for you to call or text us. Anyone coming into a CADS site will be screened by one of our staff. Emergencies and urgent situations will of course be attended to.

## Counselling, CAP, Altered High (youth) and Dual Diagnosis Services

Staff are checking in with current clients and can provide counselling over the telephone to people who need it. Groups are being provided via Zoom. **Please make sure we have your current contact details.** If you have any queries contact your local unit or phone 09 845 1818. You can also speak with our consumer team: you can text or call Renee on 021 592 143 or Marc on 021 982 432

## Managed Withdrawal (Medical Detox) Services: IPU and CHDS

The in-patient unit is open. All clients are screened prior to admission and may be asked to have a swab done depending on risk factors.

Each client can nominate one person to visit as per WDHB visiting policy in level 3.

The **post detox group** is happening online twice a week. For info on how to join please call us on 09 815 5100

The Community and Home Detox team is providing assessments virtually or by phone wherever possible. You can access information about Maintenance/Controlled Drinking from the team or at

<http://www.cads.org.nz/more-info/brochures/fact-sheets/>

Anyone experiencing severe withdrawals is advised to contact IPU on 09 8155839 for advice or your local CADS unit.

## Auckland Opioid Treatment Service (AOTS)

A small number of community pharmacies have so far been locations of interest; AOTS can move clients who are affected by this. We have heard that some clients are concerned they may come into contact with people who are unwell especially at pharmacies that are now offering COVID-19 tests. If you have concerns about attending your usual pharmacy please let your key worker know.

Some pharmacies have changed their usual business hours – again if this happens at your pharmacy and this will cause problems for you, let your key worker know.

If you are feeling unwell please get a test.

Clients receiving takeaways may be advised to have some naloxone on hand. Please contact us for a **prescription and emergency pack if needed.** Any increase in takeaways increases the need for increased safety (storage, safe from children and people who are opiate naïve). Please note: any increase in the number of takeaways you receive during this time is temporary and will return to your usual regimen once we are past this crisis.

## Reducing the harms of AOD use during this time

This is a particularly risky time to take drugs. Harm reduction tips associated with whatever drug/s you use are available at [www.cads.org.nz/reducing-harm/](http://www.cads.org.nz/reducing-harm/) and <https://thelevel.org.nz/covid-19/>

Please be aware there is currently some methamphetamine around which has been cut with a substance that has particularly nasty and unexpected effects. You can get can receive accurate updates by people who have experienced harm at [www.highalert.org.nz](http://www.highalert.org.nz)

Wear a mask when coming into contact with others, and try to keep 2m distancing.

Wash your hands with soap and water or use hand sanitiser before handling any drugs (breaking pills, sharing out buds etc.) or bags, and avoid using from shared bags. Prepare your drugs yourself and keep all surfaces and equipment clean.