

Objectives

To provide people who use drugs (PWUD) and AOD Service Providers with information and resources on preventing respiratory illnesses, including COVID-19.

About the Resources

This resource pack includes digital and printable communications. The resources include information on:

- Substance use and respiratory health - the risks associated with drug use, how to manage symptoms of respiratory illness, and ways to prevent getting sick.
- COVID-19 vaccination - information on the importance of getting vaccinated and how to find a vaccination clinic as well as tips for motivational interviewing.

The resource pack includes:

- Printable Postcards
- Social media copy
- Social media tiles

The postcards include a QR code that directs users to either:

- ACCHO
- Health Info Net
- You can also include your own QR code if you prefer, linking users to a website of your choice.

All the [digital resources](#) can be downloaded and printed for wider distribution.

COMMUNICATIONS RESOURCE PACK | YOUR RESPIRATORY HEALTH MATTERS








Intended Audience

The intended audience is:

- AOD Service Providers,
- Healthcare Workers
- Social Workers
- PWUD's

Social Media Assets




Below are some examples of social media copy. You can download one of our four social media tiles [here](#).

Copy
 Smoking doesn't mean you don't have a right to good healthcare. Speak to your GP about harm reduction. There are resources and support available to help you manage both your asthma and smoking.
 Talk to your doctor: They can make sure your asthma management plan is up-to-date and prescribe an inhaler (puffer) if needed. Don't be afraid to puff! Using your inhaler as directed will help open your airways and ease breathing difficulties.
 People who use drugs are more at risk from serious COVID-19 complications. Getting vaccinated is the best way to protect yourself.
 Vaccines are safe and effective, no matter what your health situation. Plus, side effects are temporary and treatable.
 Don't wait! Get vaccinated and keep yourself healthy.
Book using the Australian Government Clinic Finder (Available in 16 Languages)  https://bit.ly/4bMmmNc or call 1800 675 398
Click here for more information about booking a vaccine appointment  https://bit.ly/3zHsHwp







Copy

Did you know substance use can affect your lungs? Chat to your GP about respiratory health!

How substance use affects your lungs:

-  Weakens immune system
-  Sharing equipment spreads germs
-  Smoking/vaping irritates lungs



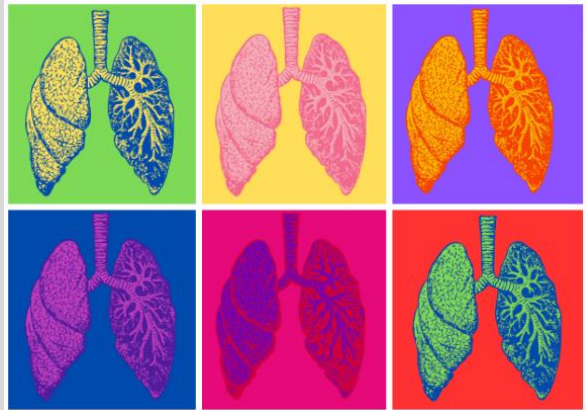

Prevent getting sick:

-  Wash hands frequently
-  Wear a mask in crowds
-  Avoid sharing equipment such as joints, pipes, vapes and bongs etc
-  Get vaccinated (Book an appointment, phone: 1800 675 398)
-  Avoid sharing or re-using needles. Head to your local NSP for clean equipment
-  Brush your teeth! Good oral hygiene helps prevent respiratory illness

COMMUNICATIONS RESOURCE PACK | YOUR RESPIRATORY HEALTH MATTERS

Postcards

The printable postcards are available for download [here](#).

Front	Back
	
Front	Back
	

COMMUNICATIONS RESOURCE PACK | YOUR RESPIRATORY HEALTH MATTERS

Front	Back
	
Front	Back
	

Thank you for your support.

For more information, please contact:

Esther Toomey

Project Coordinator

Email: EToomey@vaada.org.au

Website: <https://www.vaada.org.au/your-respiratory-health-matters/>



Department
of Health