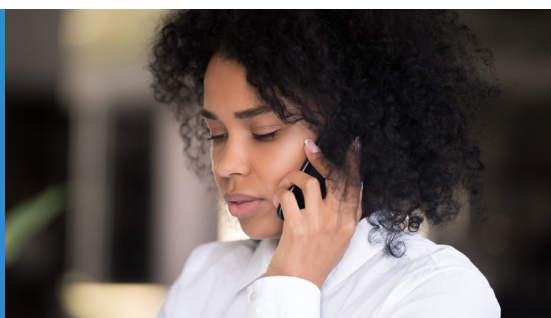
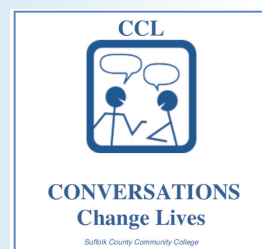


**Making the healthy choice to participate in social distancing and stay at home, is so important right now. So are the choices you make regarding *alcohol, tobacco and other drug use.***

**Tips to stay safe:**



**Talk** to someone to feel better, instead of using a substance



**Don't** mix meds, substances and/or alcohol



**Don't** accept drinks from others



**Never** share vaping devices

If you would like more information you can contact: Kathleen Flynn-Bisson, Addiction Studies (ADS) Prevention Program Coordinator –[flynnk@sunysuffolk.edu](mailto:flynnk@sunysuffolk.edu) or OUTREACH <https://opiny.org/sites/brentwood-crooked-hill-road/>

