March 15th, 2020

To our beloved HA Long Island Community,

COVID-19 is impacting all of us – as individuals and as a community. Our members here on Long Island, deserve a safe environment to share their experience. Given the rapidly changing environment, we have decided to make a few suggestions to help guide groups. We realize our fellowship is critical for your continued health and sobriety and we are committed to stand by you in this difficult and uncertain time.

- **Most meetings are still open:** There is no replacement for face to face meetings. Suggestions for meetings that are still being held are as follows:
  - Wipe down all surfaces with disinfectant. If your meeting place does not have disinfectant, soap and water is a great alternative.
  - Keep human contact to a minimum. It is suggested that greetings, hugs, and holding hands should be suspended to keep you, family and friends from contracting COVID-19

- **Meetings that are closed:** Meeting closings are mostly out of our control and are mandated by the directors who allow us to hold meetings in their space. There is a contingency plan in place, until the meeting space is available and open again. HA Long Island will be utilizing Zoom, an online conference app that allows up to 100 people to meet at a single time. The schedule of online meetings will follow the same times as the meetings being closed. It is suggested to access the app through a desktop for easy usability, however a mobile phone can be used as well. A good wi-fi connection is required. To protect anonymity, you have the option of joining with or without video, and the ability to modify your username. All online meetings are open meetings. For more information on Zoom, please visit our Zoom page.

- **Hospitals and Institutions:** If you hold a service commitment, it is suggested you call to find out if your meeting space is available for use.

- **We are here to help:** We will continue to provide with the most current list of meeting closing via our website and Facebook. Please call our hotline, 631- . . . . for more information, help or an emergency.

We thank you for your patience and understanding during this extraordinary time. Please continue to follow federal, state and local guideline for remaining safe and healthy.

Heroin Anonymous Long Island