

## DONT USE ALONE

Try not to use alone and do not let your friends use alone, if you are using with others, stagger use between each other, this allows one person to watch out for overdose signs.

If you are using alone consider using the BuddyUp app or creating a rescue plan with your drug and alcohol worker.

## CARRY NALOXONE

Always carry naloxone and know how to use it. Make sure it is in date, you can check this on the white label on the side.

If you need more naloxone or training on how to use it, speak to your drug and alcohol worker

## MEDICATION ASSISTED TREATMENT (MAT)

If you are on medically assisted treatment, are you on your optimum dose? Are you using illicit substances on top? Have you met with your drug and alcohol worker/ prescriber recently to review your treatment to make sure the treatment you are on is working for you.

## TEST YOUR DRUGS

You can test your drugs through Wedinos! It's as easy as filling in a form and sending off a sample of the substance you are using, this is a completely anonymous.

Or use a drug self-testing strip that your drug and alcohol worker can provide you with!

## NITAZENE HARM REDUCTION

## POLY-DRUG USE

Did you know that your risk of overdose can be up to 20x higher if you are using different substances at the same time.

This is even higher if you are using opiates contaminated with nitazenes as nitazenes can be up to 250x more life threatening than heroin. Using alcohol, crack or other substances on top heightens your risk even more.

## START LOW, GO SLOW

Start with a small amount of heroin, you don't know whether it is contaminated with nitazene's so go low and slow. Do a test dose to see how your body reacts to it.

## OVERDOSE RESPONSE

If you suspect someone is overdosing, always call 999 and administer naloxone, you may need more than one kit due to the contaminated synthetic opiates in circulation.

## EQUIPMENT

Please utilise our needle syringe programmes to get access to sterile equipment, this will reduce the risk of spreading blood borne viruses.

Never share equipment, this means needles, spoons, crack pipes. If you are going to use, try to smoke rather than inject.