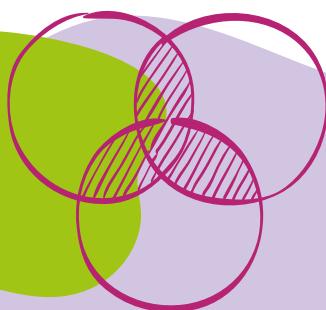


- ✓ If you are on a prescription only take the dose you are prescribed. If it isn't holding you, contact us and ask for an increase
- ✓ Due to potential changes in drug supply, make sure you and your community have access to Naloxone
- ✓ Take care with drug mixing and avoid overdoing it with heroin and other opioids, benzodiazepines, alcohol and other downers

Mixing Drugs



- ✓ Have a friend with you who knows what drugs you've taken and can respond in case of an emergency. Is there someone you trust who can check on you and administer Naloxone and call an ambulance if needed?

- ✓ Use one drug at a time
- ✓ Use less of each drug
- ✓ Try to avoid mixing alcohol with heroin/pills – this is an incredibly dangerous combination
- ✓ If drinking alcohol or taking pills with heroin, do the heroin first to better gauge its effects – alcohol and especially benzos impair judgment so you may not remember or care how much you've used

Tolerance

- ✓ Use less after any period of abstinence or decreased use – even a few days of decreased use can lower your tolerance – be careful and go slow
- ✓ Use a less risky method (i.e. snort instead of inject)
- ✓ Do a tester shot, or go slow to gauge how the shot is hitting you

- ✓ Go slow (use less drugs at first) if you've been sick, lost weight, or have been feeling under the weather or weak

Most risky



Injecting



Smoking



Snorting



Swallowing

Least Risky

Using Alone



- Call or text someone you trust and have them check on you

- Injecting and smoking can lead to increased risk. Consider snorting, especially in cases when you're using alone or may have decreased tolerance
- If you inject, try and remove the tie after finding the vein and before injecting – this will allow you to better taste your hit and inject less if it feels too strong.

The Basics



- Know your limits - do you have any health issues that may increase your risk of overdose, like HIV, Hepatitis C, COPD, high or low blood pressure, high cholesterol, heart disease etc. that could increase your risk for a stroke, seizure, respiratory problems or heart attack?
- Use in a clean, safe space minimise risk of infection and harm
- Use less at first. Build up slowly
- Make sure you always carry Naloxone with you - your local service can issue you with it**



- Make an overdose plan with your keyworker, and share with friends or drug partners

Overdosed before?

