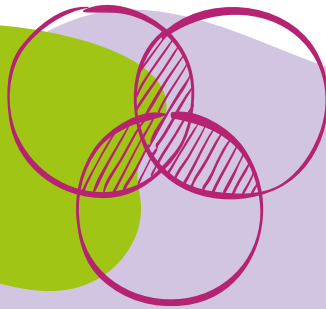


- ✓ If you are on a prescription only take the dose you are prescribed. If it isn't holding you, contact us and ask for an increase
- ✓ Due to potential changes in drug supply, make sure you and your community have access to Naloxone
- ✓ Take care with drug mixing and avoid overdoing it with heroin and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

Mixing Drugs

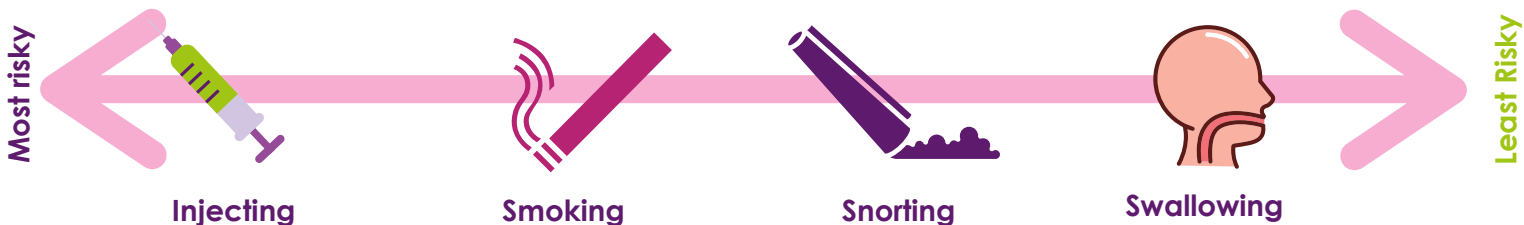


- ✓ Have a friend with you who knows what drugs you've taken and can respond in case of an emergency. Is there someone you trust who can check on you and administer Naloxone and call an ambulance if needed?
- ✓ Use one drug at a time
- ✓ Use less of each drug
- ✓ Try to avoid mixing alcohol with heroin/pills – 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

- ✓ 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

Tolerance

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



Using Alone



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



Develop an overdose plan with your friends or partners



Leave the door unlocked or slightly ajar whenever possible



Some people can sense when they are about to go over. This is rare, but if you are one of the people that can do this, have Naloxone ready. People have actually given themselves Naloxone before! It also means people can find it quickly



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.



Be careful if changing how you take your drugs since you may not be able to handle the same amounts.



How You Use

The Basics



Stay hydrated! Drink plenty of water or other fluids



Get enough sleep and rest when you feel worn down



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



Overdosed before?



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