

Harm Reduction Tips for People Who Use Drugs

Have What You Need



- Clean supplies for drug use.
- Have a Take Home Naloxone kit on hand.

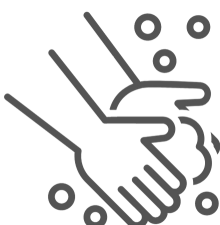


RISK OF OVERDOSE

Downers like **fentanyl** and other **opioids**, **gabapentin**, and **benzodiazepines** can slow your breathing rate.

Practice Safer Drug Use

- Get your drugs checked.
- Use new, clean supplies.
- Wash your hands or use wipes before preparing, handling, or using your drugs.
- Clean surfaces with soap and water, alcohol wipes, bleach, or hydrogen peroxide before preparing drugs.
- Prepare your drugs yourself.
- Start low and go slow: test a small amount at a time in case your drugs are not what you expected.



- Be extra cautious when trying a new drug or a new source.
- Be cautious mixing drugs or drugs and alcohol. Mixing substances can increase your risk of overdose.
- If you haven't used drugs for some time or you are feeling unwell, use less than you usually would. Your body may not be able to handle your usual dose.
- Access a supervised consumption service if possible.

Use the Buddy System

- Buddy up when you are using drugs in person, by texting, by telephone, or chatting online. It's safer when someone is there to administer naloxone and/or call for help.
- If you are both using drugs, stagger your use so that one of you is always able to help the other.
- Tell your buddy what drug(s) you are using so they can tell paramedics if you overdose.
- Check in on your buddies regularly. Help each other pick up supplies, including Take Home Naloxone, from harm reduction sites.



ON THE PHONE OR ONLINE

- If you stop replying on the phone or through messaging, your buddy can call 911.
- Make a plan: talk about how long your buddy should wait before they call 911, tell your buddy what drugs you are using, where you are located and how paramedics can get to you.
- Or call the **National Overdose Response Service** to talk to a volunteer who will stay on the line with you and call for help if you need it: **1-888-688-NORS (6677)**.



If you think someone is overdosing, call 911.

- Naloxone is only a temporary solution and will not work on all overdoses.
- The person overdosing will need medical attention and every minute counts.
- *The Good Samaritan Act* protects you from being arrested if illegal drugs are present.

