

Overdose Prevention



Mixing

Avoid mixing drugs or mixing drugs with alcohol or benzodiazepines.

- Use one drug at a time or use less of each drug if you are mixing.

Inconsistent Drug Quality & Potency

Drug quality varies dose to dose making it hard to know the toxicity of the drug.

- Inject a very small amount or snort the first hit to test the strength. Carefully check out a new product. Does it look, taste and smell normal?

Tolerance

When your body gets used to the drug, it takes more to get the same effects.

- Tolerance can decrease when someone takes a break from using no matter the reason.
- Use less drugs when tolerance is lower.

Using Alone

If someone overdoses while using alone, there will be no one there to help them

- Fix with a friend*, leave the door unlocked, call somebody.

* *Do not share needles with friends/acquaintances you use with.*

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For more information call the Health ACTION Line
1-800-660-5853 or visit www.healthunit.org



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