

Your health and life matter.

BUILD A SAFETY PLAN



Anyone who uses drugs can overdose. These tips can help you build a safety plan that works for you.

Know the facts.

Fentanyl is in the drug supply.

- Fentanyl is 50-100 times stronger than heroin.
- A small amount of fentanyl can cause an overdose.
- Fentanyl is mixed into heroin and can be added to other drugs such as, pills, cocaine, and crystal meth.
- Naloxone DOES reverse the effects of fentanyl.



Tolerance

When a drug is used repeatedly over time, a larger dose of the drug is often needed to reach the same desired effect.

A drug-free period will lower your tolerance.

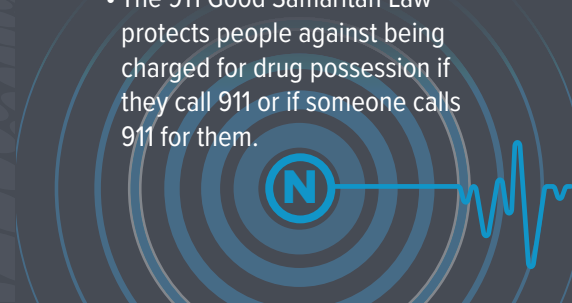
- Your tolerance can drop in 1-2 days if you stop using opioids for any reason, such as if you take a break for a few days, detox, are in the hospital or put in jail.
- Using the same amount of drug after taking a break puts you at higher risk for an overdose.

Mixing drugs, medications and alcohol increases the risk of overdose.

- Alcohol and benzos (such as: Xanax, Klonopin, Ativan, Valium) mixed with any opioid can be deadly.
- They can change how you think, so you may not remember or care how much you have used.

Carry naloxone.

- Naloxone will reverse an opioid overdose. Have it out and ready to use if needed.
- Naloxone can be sprayed into the nose or injected.
- If you are out of naloxone, get a new kit. Go to your local syringe exchange program or find a drug store near you at: www.health.ny.gov/overdose
- Tell those you trust how to use naloxone.
- The 911 Good Samaritan Law protects people against being charged for drug possession if they call 911 or if someone calls 911 for them.



Find a buddy.

- Take turns using so someone is ready to give naloxone if needed.
- If you use alone, let someone you trust know where you are.
- Ask them to text, call or check-in on you 3-5 minutes after you use drugs to make sure you are ok.

I'M ON MAIN STREET.

CALL ME IN 5 MINUTES.

Talk about it.

- An overdose can cause many feelings for the person who overdosed and those around them.
- You are not alone. Talking to someone can help you cope, and get the support you need.
- Many community programs can help you find services such as food, rides, and health care, etc.

CAN WE TALK?

YOU ARE NOT ALONE.

My safety plan.

I keep my naloxone kit:

My Tips (e.g., name of syringe exchange program (SEP) counselor, phone number, and other resources):

SEP hours:

Helpful resources.

Get Naloxone

Community Opioid Overdose Prevention Programs

Pharmacies and Naloxone Co-payment Assistance Program (N-CAP)

www.health.ny.gov/overdose
1.800.692.8528

The Point

Visit www.thepointNY.org to find new syringes, naloxone, and places to dispose of syringes and drugs.

New York State HOPEline

Call 1.877.846.7369 or text HOPENY (467369) for help and hope.

New York State HIV/AIDS Information Hotline

1.800.541.2437 English
1.800.233.7432 Spanish

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Take notice.

- Pay attention to changes in your drugs such as a color, taste, and the way it cooks up/dissolves.
- Be extra careful if you change your dealer or have other changes in your source of drugs.
- Do a small test shot to check how strong your drug is. Go slow. Use less and pace yourself.
- Ask your local syringe exchange program about how to test your drug to see if it has fentanyl in it.



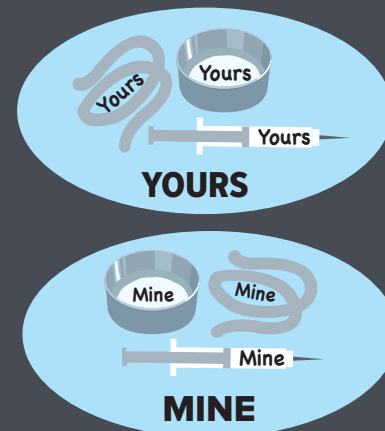
Find a safe space.

- Find a place where you feel safe and can take your time to prepare your drugs.
- Choose a place that has clean water and is well lit.
- Use in a space where you can be reached if you need help.
- Avoid leaning against or locking the door.



Take care.

- Clean the injection site.
- Always use your own works. Do not share them with others. Sharing works can spread hepatitis C and HIV.
- Mark your gear so you know it's yours.



- Find a syringe exchange program (SEP) at www.thepointny.org. Take care of your veins. Use new syringes and works.
- If you reuse works, learn how to clean them with bleach.
- Place your syringes in a sharps container or hard plastic bottle that you can seal, and return to a SEP or go to www.thepointNY.org for other options.

Manage your use.

- Methadone, buprenorphine/Suboxone® can help manage cravings, and withdrawal.
- Buprenorphine or methadone make it less likely to overdose.
- Other self-care such as counseling and support groups can help too.



Use one drug at a time.

- If you do mix, use less of each drug than normal.
- Use the opioid first to better manage your high.
- If you try something new, go slow. Take a smaller amount to test the strength of your drug.

