

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.

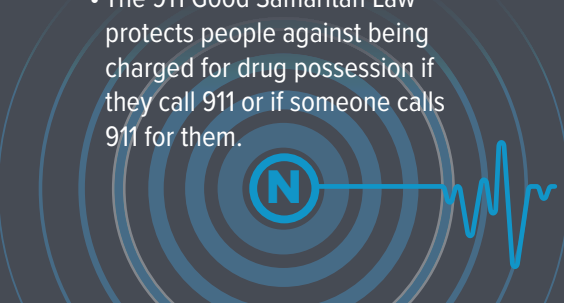
- Your tolerance can drop in 1-2 days if you stop using opioids for any reason, such as if you take a break for a few days, detox, are in the hospital or put in jail.
- Using the same amount of drug after taking a break puts you at higher risk for an overdose.

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 (Narcan).

- 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.
- The National Suicide Prevention Lifeline is a network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. 1-800-273-TALK (8255) or text "GOT5" to 741741 to start a conversation.
- Many community programs can help you find services such as food, rides, and health care, etc.

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.

Take notice.

Find a safe space.

Take care.

Manage your use.

Use one drug at a time.

Want to Stop or Reduce Your Drug Use?

Get Buprenorphine

www.health.ny.gov/diseases/aids/consumers/prevention/buprenorphine/

Get Methadone

www.oasas.ny.gov/AdMed/methadone/index.cfm

Find Other Drug Treatment

www.oasas.ny.gov/providerDirectory/NewYorkStateHopeline
1-877-846-7369 or text HOPENY (467369)

Get Naloxone

www.health.ny.gov/overdose
1-800-692-8528

Get New Syringes and Dispose of Used Ones

www.thepointNY.org

New York State HIV/AIDS Information Hotline

1-800-541-2437 English
1-800-233-7432 Español

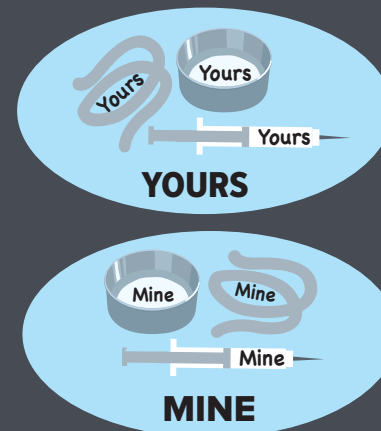
- Pay attention to changes in your drugs such as a color, taste, and the way it cooks up/dissolves.
- Be extra careful if you change your dealer or have other changes in your source of drugs.
- Do a small test shot to check how strong your drug is. Go slow. Use less and pace yourself.
- Ask your local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



- 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.



- 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.



- 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.



- 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.

