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

**PLAN BUILD A SAFETY PLAN**

**Your health and life matter.**

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.

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.

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

Tolerance

- 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 ODRES reverse the effects of fentanyl.

- 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.

- 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. Call 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.

**I keep my naloxone kit:**

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

**Plan 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 15 minutes after you use drugs to make sure you are ok.

**Talk about it.**

- My safety plan.
Helpful resources.

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/
- New York State Hopeline
  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-GO-2442 (English)
  1-800-232-4820 (Spanish)

Find a safe space.

- Pay attention to changes in your drugs such as a color, taste, and the way they cook up/dissolve.
- 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 drugs go. Go slow. Use less and pace yourself.
- Ask your local syringe exchange program (SEP) at www.thepointNY.org.

Take care.

- 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 leaving your gear 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.

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.

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- Ask your local syringe exchange program (SEP) about how to test your drug to see if it has fentanyl in it.

Use one drug at a time.

- If you 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.

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