

Preventing an Opioid Overdose/ Toxicity



Whenever possible, don't use alone—find a safe group, or plan a check-in with someone you trust who has an action plan.



If you are using alone, use an app such as Lifeguard.



Many factors can affect how you metabolize drugs such as other medications or substances, a period of non-use, etc.



Don't mix drugs and alcohol. If you do, use drugs first and GO SLOW. Mixing substances increases likelihood of overdose.



Substance quality can be unpredictable. Whenever possible, use a consistent and reliable dealer, do testers and start slow.



Certain health conditions can put you at higher risk, such as liver or breathing problems, lack of sleep, dehydration, infection, or a period of abstinence. Try to eat, drink fluids, and see a doctor for health concerns.



Be sure you are familiar with Naloxone which is a medication that can reverse an overdose. It is available without a prescription.



stopodmission.ca