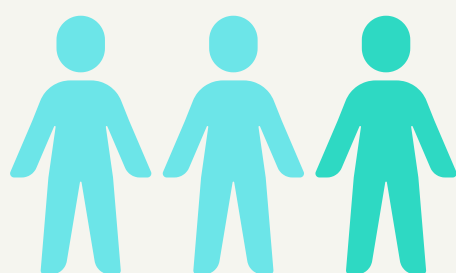


SAFER DRUG USE TIPS

Safer drug use is about decreasing adverse outcomes from using drugs.

CARRY NALOXONE

Carry naloxone, which can reverse an opioid-related overdose. Narcan is a nasal spray form of naloxone that is easy to use and is available at pharmacies, needle exchanges, and at www.naloxoneforall.org. Know the signs of an overdose and how to administer naloxone.



ONE SUBSTANCE

Try to stick to one substance at a time, including alcohol. Not mixing substances minimizes the risk of overdosing and overamping.

NEVER USE ALONE

Have a friend or someone to watch you use. If using substances together, take turns. Wait 2-5 minutes before the next person to stagger use. This is to make sure that someone is able to administer naloxone in case of an overdose.

If using alone, call the Never Use Alone hotline for judgement-free assistance: 800-484-3731

ALWAYS ASSUME CONTAMINATION

Street drugs are typically unreliable. This means you should never assume your drugs are pure or uncontaminated. Fentanyl or other harmful substances that are undetectable may have been added.



LOW AND SLOW

Start with a small amount of the substance and wait to see how you feel. Take time before you use again to make sure nothing feels off, different, or wrong. Continue this pattern of low and slow use.



TESTING

Fentanyl test strips are a tool to test for fentanyl contamination. They are available at many needle exchanges or online at <https://btnx.com/harmreduction>

Notes about fentanyl test strips:

- 1 **Do not allow fentanyl test strips to provide a false sense of security.** They can produce false results and do not guarantee that your drugs are free from fentanyl or other synthetic opioids. **Even when using fentanyl test strips, always practice safer drug use** like the tips mentioned above!
- 2 Be aware of the ratio of drugs to water that your specific substance recommends for best results
- 3 Fentanyl test strips are particularly tricky for testing contamination in methamphetamines.



For additional detailed resources visit:
harmreduction.org/issues/safer-drug-use/facts