

stimulant user.

Be aware of tolerance. Being sick, run down or having a chronic illness can increase your risk of overdose. Your tolerance can be lower if you haven't used for a while (e.g., been in jail, detox, or treatment), if you're using a substance for the first time, or if you are primarily a Use one drug at a time. Combining substances (e.g., prescription drugs, alcohol) increases the risk of overdose. If you do mix, use drugs before alcohol, use less than normal, and go slowly. Have an overdose plan. Carry naloxone and get trained.

Taste it, test a small amount first, then go slowly.

Have a buddy or use at overdose prevention sites. If you choose to use alone, get someone to check on you and call for help. People have overdosed by smoking. Follow these tips to reduce the chance of an overdose.

Opioid overdoses and contaminated drugs are on the rise.

**SAFER USE TIPS**  
**CALL 911**  
**IF YOU SUSPECT**  
**AN OVERDOSE**

# MOUTH CARE



## Part of the SAFER series

Need more supplies or naloxone?

PHS Mobile Van: **604-657-6561**

(7am – 3am • 7 days per week)

Ready to detox?

Call access central: **1-866-658-1221**

(9am – 7pm • 7 days per week)

## TIPS FOR MOUTH CARE:

- ✓ Chew gum to keep your mouth moist and reduce clenching and teeth grinding
- ✓ Drink or rinse your mouth with water or fruit juice to keep your mouth moist and reduce cracks and blisters
- ✓ Avoid infection by using your own pipe
- ✓ If you are sharing a pipe, clean it with alcohol wipes and use a new mouth piece

If you have open sores – get help!

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Dental Services – Reduced Fee or by Donation (Vancouver)

VNHS East Side Dental Clinic  
455 East Hastings St  
**(604) 254-9900**

Portland Community Clinic (Dentistry)  
12 East Hastings St  
**(778) 371-0060**

