

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. 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 stimulant user.

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.

Opioid overdoses and contaminated drugs are on the rise. People have overdosed by smoking. Follow these tips to reduce the chance of an overdose.

SAFER USE TIPS
CALL 911
IF YOU SUSPECT
AN OVERDOSE

PIPE 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 PIPE CARE:

- ✓ Store your pipe in a glass case or Naloxone kit
 - ✓ Create a grip for the shaft of your pipe (e.g., pen grip)
 - ✓ Use a round tipped metal push stick
 - ✓ Cover the holes of your pipe (e.g., with a tissue) when you're not using it
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