



Prevention Education Treatment Recovery Assistance



TIPS FOR SAFER OPIOID USE

- ▶ Don't use alone.
- ▶ Use in a clean, well-lit area.
- ▶ Use sterile syringes, needles and works each time; do not share with others.
- ▶ Carry Naloxone.
- ▶ Take care of your health.
- ▶ Try a small test amount first; gauge your reaction.
- ▶ Go slow.
- ▶ Wait to use until you feel like you are in control .
- ▶ Don't mix your drugs.
- ▶ Limit use when you are sick.
- ▶ Stay hydrated; drink plenty of water.
- ▶ Change the way that you use; try a different route for use.
- ▶ Test drugs with fentanyl test strips before using.
- ▶ Know the signs of an overdose; slowed heart rate, slowed breathing, small pupils, sleepiness and unconsciousness.

For Naloxone, contact The Doorways: 2-1-1

The Doorway at AVH: 603-342-5000

The Doorway at LRH: 603-259-1659

For access to sterile supplies: NextDistro.org

Next Distro is an online and mail-based harm reduction platform designed to reduce opioid overdose deaths, prevent the spread of disease associated with injection use and improve the health of people who use drugs.

AskPETRA.org | 603-259-1729



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