

Overdose Prevention:

- Recognize signs of overdose: difficulty breathing, unresponsiveness, clammy skin.
- Carry naloxone and know how to use it.
- Call emergency services immediately if you suspect an overdose.

Safety tips:

- Never use alone. Have someone nearby who can help in case of an emergency.”
- Test the substance with a drug checking kit if possible.
- Use a clean, personal set of tools to prepare and consume substances.

Harm Reduction Tips



Contact Numbers:

- Personal Emergency Contact:
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- National Helpline:
1-800-662-HELP (4357)
- Local Harm Reduction Services:
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Rights:

- You have the right to medical help without judgment.
- Legal Aid Contact:

HARM REDUCTION SAVES LIVES

Health Services:

- Access to clean syringes and safe consumption supplies at:
- Substance use counseling and treatment options available at: