

What to Know Before You Use

1. Don't use alone — always have a friend who knows what's going on.
2. Test it first — fentanyl test strips save lives.
3. Know what you're taking — avoid pills from unknown sources.
4. Set a “stop” point before you start.
5. Keep naloxone nearby — no shame in being prepared.
6. Alternate with water or food.
7. Don't mix depressants (like alcohol + benzos).
8. Label what's yours.
9. Plan your way home.
10. If something feels off — it probably is. Ask for help.

Who to Call if You're Worried

Your Safe Place or Backup Plan

Remember for every standard drink of alcohol you consume, it takes about an hour to leave your system!

Standard Drink = 1.5 oz Liquor; 5 oz wine; 12 oz beer

1	2	3	4	5	6
Drink (Water)	Drinks (Water)	Drinks (Water)	Drinks (Water)	Drinks (Water)	Drinks (Water)
Drinking water between alcoholic drinks can reduce hangover symptoms by up to 40%, including headache, fatigue, and dry mouth. — Journal of Clinical Medicine, 2020					