

SAFETY PLAN

These tips can help individuals who use drugs or friends and family members to build a Safety Plan to prevent overdose. Fill out the bottom portion and keep it, put in somewhere at home that is easily visible and share

1. CARRY NALOXONE

Naloxone will reverse an opioid overdose. Have multiple doses out and ready to go. Tell trusted friends how to use Naloxone. Good Samaritan Laws protect individuals from being charged for drug possession if someone contacts 911.

2. CHECK YOUR SUPPLY

Checking for changes in drugs like color or taste and the way it dissolves or cooks can be helpful in determining next steps to ensure safety. Extra caution may be taken if the sources of substances has changed, like a different dealer.

3. NOT USING ALONE

Taking turns using so someone can respond in the event of an overdose can be very helpful. If this is not possible, letting someone know the location and asking for a call or text to check in with after 3-5 minutes to check in is an alternative option. Never Use Alone can also be reached at 1-800-484-3731, 24/7.

4. TEST FOR FENTANYL

Fentanyl is a powerful synthetic opioid that is about 50x stronger than heroin and it can be found in a number of different substances, like heroin, meth, cocaine, and pressed pills. Fentanyl Test Strips can identify the presence of fentanyl in unregulated drugs and can test injectable drugs, powders, and pills. See below for additional information.

5. SLOW DOWN

Use less if there have been any changes to tolerance, since using the same amount increases overdose risk. This may be true after long periods of abstinence and we acknowledge that recovery is non-linear and reoccurrence of use happens.

6. SIGNS OF AN OVERDOSE

Signs of an overdose may include loss of consciousness, being awake but unable to talk, breathing is very slow and shallow, erratic, or has stopped, for lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen, choking sounds, or a snore-like gurgling noise, vomiting, pulse (heartbeat) is slow, erratic, or not there at all.

MY SAFETY PLAN

My Naloxone is stored:

My Details:

Emergency Contacts, Counselor, Friend, Other Resources

Local Resources:

Harm Reduction Agency, Syringe Access Program, Mental Health & Substance Use Treatment Provider

If you or someone you love is seeking treatment, please visit our [SAFE Project Treatment Locator](#).