

MY SAFETY PLAN

Fill out the top portion and put it somewhere that is visible. Share with family & friends.

PERSONAL INFORMATION

Name:

Address:

Phone Number:

EMERGENCY CONTACTS

Person 1:

Contact No.

Person 2:

Contact No.

Person 3:

Contact No.

MY NALOXONE IS STORED

DRUG INFORMATION

Which substances do you typically use?

How do you use?

PREVENT OVERDOSES

These tips can help individuals who use drugs or friends and family members prevent overdose.

- CARRY NALOXONE:** Naloxone can reverse an opioid overdose. Have multiple doses ready to go, and teach trusted friends how to use Naloxone.
- CHECK YOUR SUPPLY:** Check for changes in drugs like color or taste, the way it dissolves or cooks, or if the source (like a dealer) of the substance has changed.
- DON'T USE ALONE:** Take turns using so someone can respond in the event of an overdose. If this is not possible, let someone know the location and ask for a call or text after 3-5 minutes to check-in.
- TEST FOR FENTANYL:** Fentanyl is about 50x stronger than heroin. Fentanyl Test Strips can identify the presence of fentanyl in unregulated drugs and can test injectable drugs, powders, and pills.
- SLOW DOWN:** Use less if there have been any changes in your tolerance. This may happen after long periods of abstinence.
- KNOW THE SIGNS OF AN OVERDOSE:**
 - Loss of consciousness
 - Being awake but unable to talk
 - Slow, shallow, erratic, or stopped breath
 - Changes in skin tone
 - Choking sounds and/or Vomiting
 - Slow, erratic or absent pulse (heartbeat)

Find Resources & Treatment at www.safeproject.us