

# 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.

### 1) **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)

2) **ALWAYS CARRY NALOXONE:** Naloxone can reverse an opioid overdose. Have multiple doses ready to go, and teach trusted friends how to use Naloxone.

3) **NEVER 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.

4) **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.

5) **TEST FOR FENTANYL:** Even without noticeable changes in your supply, you should test your supply. 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.

6) **SLOW DOWN:** Especially if there have been any changes in your tolerance. This may happen after long periods of abstinence.

Scan to find support & treatment or  
visit [www.safeproject.us](http://www.safeproject.us)

