

HARM REDUCTION SAVES LIVES!



SEXFLUENT

Tips to stay safer if you're using drugs:

Everything new or just for you.

Sharing supplies increases the chances of getting or passing HIV, hepatitis C or syphilis. If you inject drugs, always use new supplies. If you smoke or snort drugs, always use your own supplies.

Know the effects & avoid mixing substances.

It's helpful to know what effects the drugs are supposed to have and how long they'll last. Mixing drugs can change their effects and increase the chance of an overdose.

Check your drugs!

If available, use test strips to check your drugs for unexpected substances, or bring your drugs to a local drug checking service to get more information about what's in them.

Start low, go slow.

Try a small test dose first to prevent an overdose. It may take a few moments for the drugs to take effect and they may be stronger than you expect.

Don't use alone & carry naloxone.

Use with a trusted person, ask someone to check in on you, or use at a supervised consumption or overdose prevention site. Naloxone reverses opioid overdoses. If you aren't sure what kind of drug a person used, give them naloxone anyways. If you see an overdose, always call 911.

Have condoms & lube on you.

Certain substances can enhance your mood. Keep condoms and lube on you to be prepared for any spontaneous moments!



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