

Drugs may be extremely toxic right now. Take these precautions to reduce your risk of overdose:

- Never use alone.
- Use a Supervised Consumption Site: PATH 525 is open Monday through Saturday from 10am to 6pm.
- Always carry Naloxone. Naloxone is available for free from the Health Unit (call 621-7861) and most community pharmacies.
- Make an overdose plan with someone you trust, such as a friend or family member.
- Go low and start slow. Try a small amount before using your usual amount.
- Modify your drug taking method (for example, snort rather than inject).
- If in a group, avoid using at the same time (stagger times).
- If using alone, call the Overdose Prevention Line: 1-888-688-6677. Services are confidential. The operator will stay with you on the phone line while you use. If they receive no response from the caller after they use drugs, the operator will call 911 and alert them to a possible overdose at the location you had given.
- Call 911 if someone develops signs of an overdose.