

SURVIVAL & SAFETY RULES OF **USING OPIOIDS**



Never use alone



Try to go slow on your shot,
always taste, test, or sample



Always carry naloxone



Do not use at the same time as
your friends (wait 30 minutes)

ALSO,

- It is important to not mix opioids with benzodiazepines, alcohol, cocaine, or crack
- Be aware of fentanyl, which is more potent and dangerous than other opioids
- Any break from using for longer than 18 hours puts you at increased risk for overdose
- Be sure you are using safer using techniques



**ADDICTION
POLICY FORUM**

If you would like to talk to someone about your substance use, or that of a loved one, call 833 301 HELP today (Mon- Fri 9am-6pm EST). The ARC offers free and confidential support, information, and education.