



Staying safe and helping others

The only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about the sources from which you get your drugs, and about the drugs you are taking. If you are using a new supply, use a small amount at first.
- **Do not use alone**; make sure that someone you trust is present and equipped with a couple of Naloxone kits.
- **If using with others**, it's best if only one person uses the drug first and uses less as a test dose.
- **Don't mix drugs**: Using more than one drug increases your risks of overdose, including mixing with alcohol.
- **Look after your friends**: look out for the signs of an overdose, e.g. loss of consciousness, shallow or absent breathing, 'snoring' or loud 'rasping', and/or blue lips or fingertips
- **Be prepared to call immediately for an ambulance** if someone overdoses and administer Naloxone if available. Make sure you have enough Naloxone available. More doses of Naloxone may be needed to recover from an opiate overdose.
- Use the testing service available at www.wedinos.org

If you don't have a Naloxone kit, or yours has expired, please contact us.

If you have any questions or are worried about anything, you can contact us on: