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## Staying safe and helping others

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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; maybe starting with just a quarter hit of a new supply.
- **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](http://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: