

You are not alone. You are worthy. You are loved.

# Opioid Overdose Prevention

## Keep in mind while using

Any pill or powder can be cut with Fentanyl

Start Low and Go Slow - Heroin laced with Fentanyl hits hard and fast. So, start low and go slow

Tolerance Changes - If you haven't used in a couple days, weeks or months you can not handle the same amount as before

Use the Buddy System - Never use alone

## Recognize the Risks

Go low and slow. If you haven't used in the last 4 days you are at risk of an overdose.

If you have overdosed before you are **9x more likely to overdose again**

Try to not mix drugs - especially drugs with the same effect.

If mixing drugs use the slowest acting drug first and wait for it to hit

To find free Naloxone near you go to [www.harmreduction.org](http://www.harmreduction.org)

From The LavaLamp Foundation. For more info and resources visit  
[TheLavaLampFoundation.org](http://TheLavaLampFoundation.org)