

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

From The LavaLamp Foundation. For more info and resources visit
TheLavaLampFoundation.org