**Toxic drugs:**

**Ideas to stay alive**

1. Naloxone kits and training
   - Use at an Overdose Prevention Site (OPS)
2. Ask about safer supply
   - Use where people can see you
3. Plan for relapse: Be extra careful if you use when your tolerance is down
4. Watch for drug alerts on posters, websites, Text "JOIN" to 253787 to get alerts
5. Use a little first, then the rest
6. Use with a friend or ask someone to check on you after
7. Test your drugs at an Overdose Prevention Site or with take home strips
8. If you are using because of symptoms of withdrawal, discuss your Opioid Agonist Therapy with your clinic
9. If your goal is not to use, what supports will help?
10. Use Lifeguard or Brave app or use with a friend on the phone to send help if you can't respond

For more information
Email: OverdoseResponse@vch.ca