



Toxic drugs:

Ideas to stay alive



Naloxone kits and training



Use at an Overdose Prevention Site (OPS)



Ask about safer supply



Use where people can see you



Plan for relapse: Be extra careful if you use when your tolerance is down



If you are using because of symptoms of withdrawal, discuss your Opioid Agonist Therapy with your clinic



Watch for drug alerts on posters, websites, Text "JOIN" to 253787 to get alerts



Test your drugs at an Overdose Prevention Site or with take home strips



Use a little first, then the rest



If your goal is not to use, what supports will help?



Use with a friend or ask someone to check on you after



Use Lifeguard or Brave app or use with a friend on the phone to send help if you can't respond

For more information

Visit our website: <https://www.vch.ca/en/overdose-response-naloxone-training>

Email: OverdoseResponse@vch.ca