



GIVE A KIT

save a life

8 SAFETY TIPS FOR SUBSTANCE USE

1. **Learn to recognize signs** of an overdose: slow or no breathing, unable to wake up, small “pinpoint” pupils, grey or blue skin color. If you suspect someone has overdosed, call 911 immediately.
2. **Street drugs** can be contaminated with toxic opioids like fentanyl. Before using, ask others what they are experiencing with the same drug or batch.
3. **Start with a small amount** and see how you react to it, especially when using new substances.
4. **Don't mix.** Using different substances, including alcohol, increases risk of overdose.
5. **Don't use alone.** Use substances with someone looking out for you, in person or over the phone. You can call the National Overdose Response Service at 1-888-688-6677 for over the phone safe consumption services.
6. **Don't share** any harm reduction equipment. Always wash hands before handling equipment or drugs.
7. **Keep a naloxone kit** in a safe place or carry it with you. Don't leave it in a car on hot or cold days.
8. **Strong opioids stay in the body for some time.** If you have recently come out of a high or an overdose, try not to use more opioids as you may be at risk of overdose.

REMEMBER, keeping a naloxone kit is a safety measure in case of emergency. It is the same as keeping a first-aid kit on hand.

If you or someone you know would like to speak with someone about any concerns related to substance use, please call **ConnexOntario 1-866-531-2600**

اگر شما یا کسی را میشناسید که مایل باشید با کسی درباره نگرانیهای مربوط به مصرف مواد (شامل سیگار، الکل، داروهای غیر قانونی، داروهای تجویزی، استنشاقی و حلال ها) صحبت کنید، لطفاً از طریق تلفن **1-866-531-2600** با **ConnexOntario** تماس بگیرید.

Se tu o qualcuno che conosci vorresti parlare con qualcuno di eventuali preoccupazioni relative all'uso di sostanze, chiama **ConnexOntario 1-866-531-2600**

Если вы или кто-то из ваших знакомых хотели бы поговорить с кем-нибудь о любых проблемах, связанных с употреблением психоактивных веществ, позвоните в **ConnexOntario 1-866-531-2600**

如果您或您认识的人想和某人谈论与成瘾物使用有关的任何疑虑，请致电**ConnexOntario 1-866-531-2600**。

Thank you for keeping safe and keeping those in your community safe.
NALOXONE TRULY CAN SAVE LIVES.

