HARM REDUCTION TIPS

simple steps to reduce your risk of opioid overdose

✓ DON'T USE ALONE

✓ TEST YOUR SUPPLY
  use a test dose or fentanyl strip

✓ HAVE NALOXONE READY
  be sure people around you know how to use it

✓ USE SLOW AND USE LESS
  to prevent overdose from potent supply

✓ SNORT OR SMOKE
  instead of injecting, which has the highest risk of overdose

✓ USE THE BUDDY SYSTEM
  stagger use if together, ask someone to check on you if you plan to use alone

Ready for help?
Red Lake Hospital
218-679-0193
Red Lake Chemical Health
218-679-3392

https://harmreduction.org/issues/fentanyl/fentanyl-use-overdose-prevention-tips/