

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

