

# O VERDOSE PREVENTION:

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## MIXING DRUGS IS DANGEROUS:

- Most opioid overdose deaths in Ontario involve mixing other depressants such as Benzos and alcohol
- Benzos stay in system for days and can still cause problems if drugs are used even a few days later

## KNOW YOUR DRUGS:

### Be careful when switching drugs

- Some drugs (heroin) are cut with contaminants and vary in potency. Other drugs (pills) can be tampered with. It is difficult to ensure you are getting what you pay for.
- Most cocaine and crack in Canada has been contaminated with Levamisole. Levamisole can cause immune system problems which can lead to death. Talk to your health care provider or harm reduction service about signs and symptoms of Levamisole poisoning.
- Do you know your dealer? Has your dealer changed? Is it a new supply? Are you trying a new opioid? Test a small amount first (you can always take more).
- Fentanyl is a highly concentrated opioid. When you cut up a fentanyl patch it is difficult to determine how much drug is in that piece.

## BE AWARE OF CHANGES IN YOUR TOLERANCE:

- When you use opioids regularly, your body develops tolerance to the drug and you need more to get the same effect.
- You can lose your tolerance. If you haven't used in a while or have been in treatment, or in jail, using the same amounts as before can kill you.
- Your tolerance can also change depending on many things like your weight, recent illnesses, stress, liver health or infections.
- Even if you've been using for 20 years, you can still overdose. If you know your tolerance is lower because of any of the above, use smaller amounts so you don't overdose. You can always add more if needed.

## DON'T USE ALONE:

- If you're alone and you overdose there is no one who can help you. You won't be able to call the ambulance and you might die.
- Use with a friend (separate works), leave your door unlocked, or call someone to let them know you are going to use so they can check on you.