

## Methods for Safer Drug Use\*\*\*: How to Stay Alive

1. **Have a using buddy:** Use around others or make sure at least one person knows you are using and will check on you.
2. **Have Narcan handy:** If using opiates, which is free at ARCW at 820 N. Plankinton
3. **Be aware:** Street drugs have unknown strength and can be laced with other substances. Buy from a trusted source.
4. **Give it a test run:** Use a small amount to test the strength of each new bag.
5. **Always use clean needles:** Prevent infections by using clean needles. Free needles available at the ARCW at 820 N. Plankinton (414-223-6820).
6. **Use one drug at a time:** Don't mix drugs, especially opiates, alcohol and/or benzos.
7. **Detox with help:** Benzo and alcohol withdrawal can cause DEATH.
8. **Check on snorers.** Snoring noises could mean they are overdosing/dying. Give Narcan, rescue breaths, and call 911.
9. **Know your risk level:**

*You are at high-risk if you are:*

- Taking Suboxone (buprenorphine), methadone, or Vivitrol
- Haven't used for even a few days
- Just getting out of jail or prison, detox, rehab, treatment, or the hospital
- Detoxing at home
- Have recently gained or lost weight or been sick/ill
- Are celebrating, during holidays, weekends, and birthdays
- Are grieving, like if you lost someone to death or break-up

*\*\*\*Safer use does not equal safe use: Using drugs is always dangerous and poses the risk for death, use at your own risk.*

*\*\*If you witness an overdose, please call 911 even if you have Narcan available.  
Narcan can wear off and they can still die.*

If you are interested in quitting, please call 211 for treatment options.

The Poison Control Hotline can provide additional information to both the public & providers: 1-800-222-1222

Email us at- [mkehrtf@gmail.com](mailto:mkehrtf@gmail.com)  
Or visit us on Facebook @Dope2HopeMKE & Instagram  
@Dope2HopeMKE

For more information:  
<https://drugabuse.com/library/harm-reduction/>  
<http://www.drugproject.co.nz/drugs/dosanddents>  
<http://harmreduction.org/about-us/principles-of-harm-reduction/>  
<https://www.hri.global/what-is-harm-reduction>  
<http://www.drugpolicy.org/issues/harm-reduction>