

Stay Alive, Have a Choice: Building Your Harm Reduction Safety Plan

A practical guide to prevent fatal overdoses through realistic risk planning, because every life has value.

KNOW YOUR RISKS



Reduced Tolerance is a Major Risk

Tolerance drops quickly after any break, making old doses potentially fatal.



Fentanyl Changes the Rules

Fentanyl is now found in counterfeit pills, cocaine, and methamphetamine.



The Danger of Mixing Substances



Combining opioids with alcohol or benzodiazepines significantly increases respiratory failure risks.



Never Use Alone

Use with a buddy or call a dedicated hotline to ensure help is available.

REMOTE SAFETY MONITORING RESOURCES

 Never Use Alone Hotline (Option 1)	800-484-3731
 Never Use Alone Hotline (Option 2)	877-696-1996

THE ESSENTIAL SAFETY CHECKLIST



Make Naloxone Visible

Keep naloxone in an obvious place and ensure others know how to use it.



Start Low and Go Slow

Test a small amount first and wait before using more.