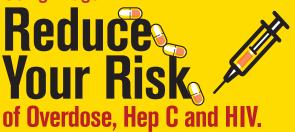


**Using Drugs?** 



## Prevent Overdose (OD)

- Test your drugs using fentanyl test strips. If positive, consider not using. If you do plan to use, start with a small amount and go slowly. Visit nyc.gov/health/fentanyl to find out where to get fentanyl test strips.
- Avoid using alone and take turns. If you do use alone, call the Never Use Alone hotline at 800-484-3731.
- Avoid mixing drugs, including alcohol.
- Have naloxone ready and on hand. Naloxone is a safe and easy-to-use medicine that reverses the effects of opioids such as heroin, painkillers and fentanyl. Call 311, or visit nyc.gov/health and search for naloxone to find out where to get a free kit.
- Take care if you have not used in a while.
   Your tolerance may be lower, which makes you more likely to overdose.
- Respond to an overdose. If you are with someone who you think is overdosing, administer naloxone and call 911. Let the operator know someone is not breathing.



## Prevent Hepatitis C (Hep C) and HIV

Hep C and HIV are viruses in the blood. Sharing drug use equipment, including syringes, cookers, cottons and water, with someone who has Hep C or HIV can infect you. Hep C can damage your liver, and there is no cure for HIV, even with medicine.

- Always use new equipment.
   There are anonymous programs in NYC that provide free syringes and drug use equipment.
- Never share equipment, including if you inject, snort or smoke drugs.

## **Emergency Overdose Instructions**

- 1. Call 911.
- 2. Give naloxone if you have it.

Spray nasal naloxone into the nostril, or inject intramuscular naloxone into the upper arm or thigh. If there is no response in two minutes, give a second dose.

3. Lay the person on their side. Wait for help to arrive.

## Resources

- Free and Low-cost Syringes: Check with local pharmacies, or visit nyc.gov/alcoholanddrugs for a list of syringe service programs.
- Hep C Testing and Care: Call 311, or visit nyc.gov/health/hepc.
- HIV Testing and Care: Call 311, or visit nyc.gov/health/hiv.
- Support and Resources for Mental Health: Call 888-NYC-Well (888-692-9355), text WELL to 65173 or visit nyc.gov/nycwell.