

# Your Life Is Important

## What steps can you take to reduce your risk of overdose?

Ask yourself the following questions, and develop a safety plan to reduce your risk of fatal overdose.

### If I experience an overdose, will someone be there to help me?

- Are there people around me and can we take turns using drugs?
- Is there someone who can check on me?
- Can I call the Never Use Alone hotline phone number (877-696-1996)?<sup>1</sup>

Who?

### If I experience an overdose, will someone be able to find me?

- Does someone know where I am?
- If inside, is the room I am in unlocked?
- If outside, can someone see me and reach me?
- Is there naloxone visible nearby?<sup>2</sup>

Where?

## What is my overdose risk?

### How does the way I use drugs change my risk of overdose?

- Can I use drug-checking services or fentanyl test strips?<sup>3</sup>
- How am I taking my drugs?
- Can I use less or go slowly?
- Can I use only one drug at a time and avoid mixing drugs?

How?

### What drugs, medications or routines change my risk of overdose?

- What drug or drugs am I using?
- Has my tolerance changed?
- Am I taking any medications for opioid use disorder, such as methadone or buprenorphine?<sup>4</sup>

What?

## Your individual safety plan can help prevent overdose.

<sup>1</sup>The Never Use Alone hotline is toll-free and nationwide. Volunteers are available 24 hours a day, seven days a week, to stay on the phone with you and make sure you stay responsive. In the case of an overdose, they will alert medical services. Your information is never shared with anyone other than medical services.

<sup>2</sup>Naloxone is a safe and effective medication that can reverse the effects of an opioid overdose. Call **311** or visit [nyc.gov/naloxone](https://nyc.gov/naloxone) to get naloxone.

<sup>3</sup>Fentanyl test strips are an easy-to-use tool that can tell you if your drugs contain fentanyl. Fentanyl increases the risk of overdose. For more information on fentanyl, visit [nyc.gov/health/fentanyl](https://nyc.gov/health/fentanyl).

<sup>4</sup>Methadone and buprenorphine are medications for opioid use disorder and may change your drug tolerance. Both medications can help prevent overdose. For more information about medications for opioid use disorder, visit [nyc.gov/health/addictiontreatment](https://nyc.gov/health/addictiontreatment).