

Stay Safe When Using Drugs or Alcohol This Summer

Using alcohol and other drugs in extreme heat can increase your risk of dehydration, heat-related illness, injury, alcohol poisoning, overdose, and even death.



Keep yourself safe this summer by following these important tips:



Stay hydrated.

Drink water regularly, even if you are not thirsty, and especially if you are sweating a lot.



Stay cool.

Go to an air-conditioned space. Cool yourself with wet towels or bandanas.



Protect your body.

Use sunscreen and lip balm. Wear hats and loose, light-colored clothing.



Stay connected.

Let someone you trust know where you will be. Ask them to check in on you regularly.

Be prepared to act in case of emergency.

- If someone is having a medical emergency (such as overdose or heatstroke), is in immediate danger, or is at risk of harming themselves or others, call **911**.
- If someone is having a mental health crisis, call or text **988** or chat at **nyc.gov/988**.

If you are drinking alcohol:



- Set a limit for how many drinks you want to have.
- Space out your drinks over time.
- Drink nonalcoholic drinks, such as water, between alcoholic drinks.
- Eat food first.
- Avoid mixing with drugs.

- Carry naloxone, a medication that can reverse an opioid overdose.
- Use with other people and take turns.
- Go slow by taking small amounts.
- Avoid using in the sun or a parked car.
- Avoid mixing drugs with alcohol or mixing different drugs.
- Go to a drug checking location or use test strips to be sure you know what is in your drugs.

If you are using drugs:



For free 24/7 support for mental health and substance use, call or text **988** or chat at nyc.gov/988.

For more information, visit nyc.gov/alcoholanddrugs.



For more information on staying safe and healthy in NYC, visit nyc.gov/healthysummer or scan the QR code.