

Using Drugs?

# Reduce Your Risk

of Overdose, Hepatitis C and HIV.



## 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](https://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 877-696-1996.
- + 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/naloxone](https://nyc.gov/naloxone) to find out where to get a free kit.
- + Be careful if you have not used drugs in a while.**  
Your tolerance may be lower, which makes you more likely to OD.
- + Respond to an OD.**  
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 New York City that provide free syringes and drug use equipment.
- + **Never share equipment,**  
even if you inject, snort or smoke drugs.



## Emergency OD 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 pharmacies near you, or visit [nyc.gov/alcoholanddrugs](https://nyc.gov/alcoholanddrugs) for a list of syringe service programs.
- + **Hep C testing and care:** Call **311** or visit [nyc.gov/health/hepc](https://nyc.gov/health/hepc).
- + **HIV testing and care:** Call **311** or visit [nyc.gov/health/hiv](https://nyc.gov/health/hiv).
- + **24/7 mental health support and resources:** Call or text 988 or visit [nyc.gov/988](https://nyc.gov/988).