

Using Drugs?

Reduce Your Risk

of Overdose, Hep 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 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.