

Ways You Can Stay SAFER With Drugs

Avoid using substances

The best way to avoid harms from drugs is to avoid using them. This is not realistic for everyone.



Choose a pharmaceutical grade or legal supply

You can never be sure what's in your substance, so take a small amount to test and go slow.



Start low and go slow

Smaller doses lower your risk of overdosing or having other harmful effects.



Avoid mixing substances

Mixing drugs raises your risk of harms, such as overdose. It can also put extra stress on your organs.



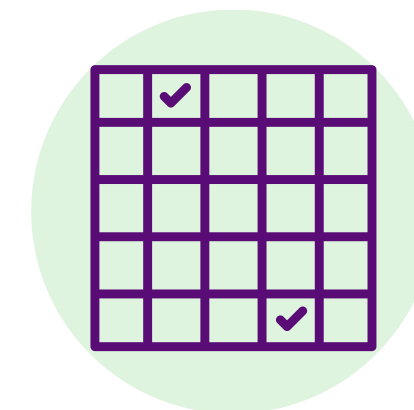
Avoid using substances before work or school

Some substances can make it hard to focus and think clearly.



Use in moderation

Regular use can affect your physical and mental health. Try to minimize how often you use.



Always have a buddy

Have someone with you in case you use too much and you need help.



Always be prepared

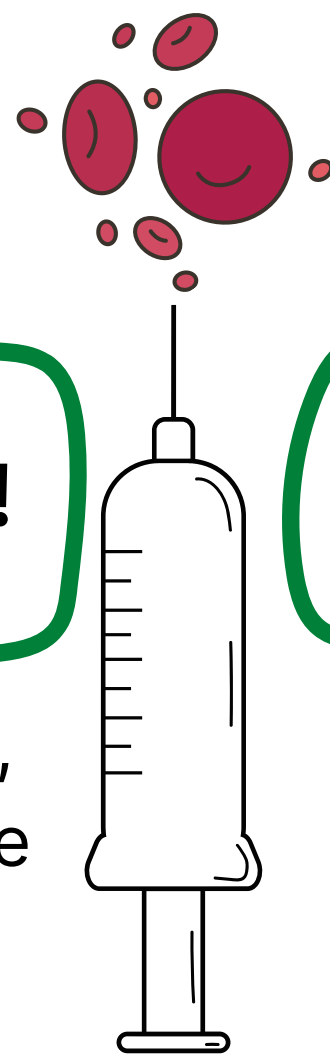
Plan your transportation. Operating any vehicle while high can put you and others at risk. Some drugs may reduce your inhibitions, for example, engaging in sexual activity.



About that equipment...

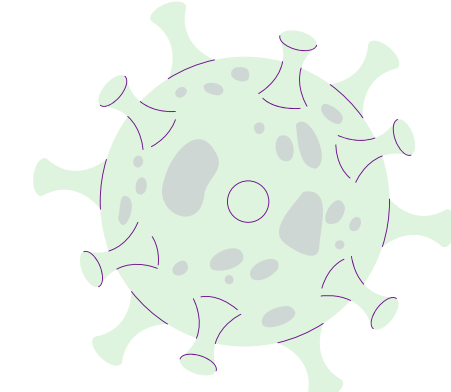
Avoid sharing and reusing supplies!

Serious infections, including **hepatitis C**, can be passed through needles that have been reused or shared with others.



Avoid homemade!

Supplies made out of **plastic, thin glass, steel wool, or pop cans** can cause you to **cut yourself** or **develop infections** in your lungs and/or heart.



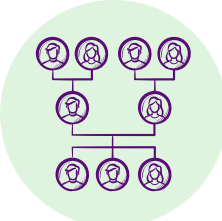
New, safe equipment can be obtained anonymously **FOR FREE** anywhere in NL through the **SWAP program**

Call SWAP at (709) 757-7927 or dial 811 to find where you can receive supplies free of charge

Do you have a personal or family history of... Schizophrenia? Psychosis?

Substance Use Disorder? Depression?

Substance use **raises the risk** of developing or worsening of these conditions.



Additional Considerations

Are you pregnant or breastfeeding?

Substance use may cause **harm** to your baby.



Naloxone Can Save a Life!

Naloxone is a medication used to **temporarily reverse the effects of opioids such as fentanyl or morphine.**

Illegal substances may be **laced with opioids.**

When in doubt, **always** give naloxone. It will not cause harmful effects.

To learn more about the signs and symptoms of opioid overdose, visit www.gov.nl.ca/hcs

To get a free naloxone kit, call 811 or visit <https://www.gov.nl.ca/hcs/naloxonekits/>

Good Samaritan Drug Overdose Act

This act provides **some legal protection** for people who have or witness an overdose and call 911 for help.

It prevents you for being charged with a controlled substance or breaching parole.



For more information visit us at:

www.decyde.ca

References

1. Marlatt, G. A. (1996). Harm reduction: Come as you are. *Addictive Behaviors*, 21(6), 779-788. [https://doi.org/10.1016/0306-4603\(96\)00042-1](https://doi.org/10.1016/0306-4603(96)00042-1)
2. Canada, H. (2020, January 22). Government of Canada. Canada.ca. <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html>
3. Canada, H. (2021, November 23). About the Good Samaritan Drug Overdose Act. Canada.ca. <https://www.canada.ca/en/health-canada/services/opioids/about-good-samaritan-drug-overdose-act.html>



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