

If I use alone I can:

- Let someone that I trust know where I am
- Find out if someone nearby has a **naloxone kit** or keep mine close at hand
- Have someone agree to check on me ___ minutes after I have used
- Keep my door unlocked so that someone can help me if I need it
- Consider using a supervised **consumption site** or having someone spot/observe me while I use

Other ideas that might work for me:

My Overdose Prevention Plan

The Works
416-392-0520

My Overdose Prevention Plan

Self-Assessment

1. **What am I using?** Am I using it with other drugs or alcohol?
2. **When is the last time I used?**
3. **How is my overall health?**
4. **Do I use alone or with others around?**

Some things I can do to help keep myself as safe as possible:

- If I haven't used for a while** (been sick or in jail/treatment) or I am ill, I can start with a lot less than what I might usually consume
- If I have a new dealer or supply**, I can smell it, taste a little, do a small tester shot, or ask others about the quality of the supply
- If I usually mix my drugs**, I can try to avoid using different drugs at the same time or use smaller amounts of each
- If I use drugs and alcohol together**, I can try to use one at a time or try smaller amounts of each
- I can try to use only at a supervised consumption site**
- If I usually use with someone else I can:**
 - Talk with them about overdose** before we use and have a response plan
 - Make sure one of us has been trained to use Naloxone and have a kit on hand**
 - Use one at a time** so we can help each other if the other person goes down
 - Make sure to call 911** or at least let a staff know if there is an overdose, so I have back up in case things get worse