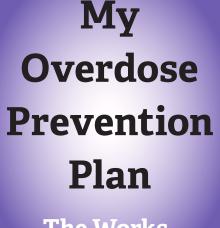
If I use alone I can:

- 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:



The Works 416-392-0520

M TORONTO Public Health

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, |

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