



Using alcohol and opioids together is **unpredictable** & can lead to an **overdose**

Opioids

- heroin
- morphine
- Dilaudid™
- oxycodone
- fentanyl

Alcohol

- beer
- liquor
- hand sanitizer
- wine
- rubbing alcohol
- mouthwash

Alcohol and opioids:

- Slow your heart rate and breathing
- Affect your body for different amounts of time
- When taken within a 24 hour time period, the effects of alcohol and opioids may overlap and lead to an overdose.

Overdose prevention tips:

- Avoid using alone
- Avoid using alcohol and opioids within the same 24 hours
- Call 911 when overdose happens
- Carry a Naloxone kit and know how to use it

Take online naloxone training: toronto.ca/OverdoseResponse

Get a free Naloxone kit: ontario.ca/page/get-naloxone-kits-free