

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

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:
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GET NALOXONE
<https://www.ontario.ca/page/get-naloxone-kits-free>

National Overdose Response Service (NORS)
<https://www.nors.ca/about>

