

# TIPS FOR SAFER DRUG USE

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Many drugs may contain fentanyl, leading to overdose (i.e. cocaine, heroin, ecstasy, xanax or meth).

**If you're going to use, be safe:**

- Take one drug at a time (including alcohol or prescriptions)
- Use with friends and tell them what you've taken
- Know the signs of a fentanyl/opioid overdose
- Carry a naloxone kit and know how to use it

## KNOW THE SIGNS

- Blue lips and fingertips
- Slow or no breathing
- Unresponsive to name, noise or pain
- Gurgling or snoring sounds
- Pinpoint pupils or clammy skin

## HOW TO RESPOND

- Call 911 and festival first-aid
- Clear and open the airway
- Provide rescue breathing
- Administer naloxone and continue rescue breathing

Learn more at: [viha.ca/mho/overdose](http://viha.ca/mho/overdose)