

6

TIPS TO STAY SAFE

Would you try any of these strategies below? (or maybe you do them already?)

WOULD YOU...	YES	MAYBE	NO
Set limits on how much you will use?			
If using a new batch, try a little bit first and wait before having more?			
Use around people you trust in a safe place?			
If injecting, use sterile equipment?			
Be safe sex ready? (condoms and lube)			

Before using meth - plan ahead.



EAT

Eat at least one meal per day and preferably eat healthy (e.g. fruit, smoothies, cereal + milk, soup, pasta).



DRINK

Drink water and stay hydrated. Limit how much alcohol you consume.



SLEEP

Know when it's time to take a break from using. If you can't sleep, try to have some downtime.



DON'T MIX

Be aware of taking alcohol, opiates and benzodiazepines (e.g. Valium / sleeping pills) to help you sleep. There is a risk of overdose from these drugs once the meth wears off.



DON'T DRIVE

Meth can make you feel like you're driving safer than you really are. Roadside drug testing can detect meth in your saliva.



MIND YOUR HEAD

Some people who use meth can experience anxiety, low mood or feel 'scattered'. Another effect of meth can be strange or paranoid thoughts or hallucinations (often referred to as psychosis).

If this happens to you, it could be a side-effect of the drug and lack of sleep. Try and stay calm and find a safe place to chill. Drink water. Try to sleep. Make sure someone stays with you.

If these symptoms don't go away, you may need to seek professional help.

Do you smoke cannabis?

Be careful. Cannabis can increase feelings of anxiety or paranoia or make psychosis worse.

ARE YOU A PARENT?

Meth use can affect your children and others around you. Ensure your children remain safe and supervised at all times... Be prepared for the come-down.

ARE YOU PREGNANT?

Using meth during pregnancy carries increased risk including miscarriage and birth defects. Talk to a medical professional for advice.

TOO MUCH METH?

Signs of a meth overdose include:

- Severe headache
- Chest pain
- Vomiting
- Overheating
- Extreme agitation

Seek assistance immediately by calling triple zero (000) and ask for 'AMBULANCE'. If someone is unconscious and breathing, turn them on their side in the recovery position.

Keep the airway clear



Hand supports head

Knee stops body from rolling onto stomach

If they are not breathing, perform CPR if you are able to and wait with them until help arrives.

Don't confuse sleep with loss of consciousness. If someone cannot be woken up, it is likely they are unconscious.

WHERE TO GO

Call the national Alcohol helpline, free, confidential, 24 hours advice and referral.

1800 250 01