



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?			
Eat healthily and stay hydrated?			
Use in a safe place with people you trust?			
If using a new batch or form of opioid, try a little bit first and wait before having more?			

DID YOU KNOW...

Pain medications without codeine (e.g. paracetamol, ibuprofen) have been found to be just as effective as low dose codeine medications.



DON'T DRIVE

It is unsafe to drive with opioids in your system unless your doctor has advised it is okay to do so. Your reaction time may be slower and you may fall asleep.



DON'T MIX

There is a high risk of overdose when opioids are mixed with other depressants such as alcohol, benzodiazepines (e.g. valium), gabapentinoids (e.g. Lyrica) and other pain medications.



MIND YOUR HEAD

Opioids can help people to manage negative emotions like anxiety and stress. However, over long periods of time they can also make your anxiety and low mood worse. If you are concerned, talk to a health professional.



ARE YOU INJECTING?

Have your own sterile equipment, don't share and dispose safely. See your local Needle and Syringe Program for safe injecting advice.

DID YOU KNOW...

Over time, using opioids can increase your sensitivity to pain, making your pain worse. This is called hyperalgesia.

IF YOU ARE PREGNANT...

Talk to a medical professional for advice about managing your opioid use during pregnancy. You can be fast-tracked into treatment.

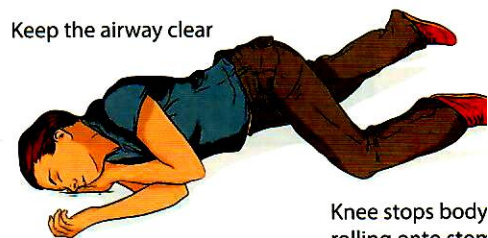
RESPONDING TO AN OVERDOSE

Signs of an overdose include:

- Cannot be woken up
- blue lips, skin and fingertips
- slow or no breathing
- choking, snoring, gurgling
- pin-point pupils
- vomiting
- dizziness
- cold or clammy skin.

Seek assistance immediately by calling triage 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 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.

REVERSING AN OVERDOSE

Naloxone can temporarily reverse an overdose. Emergency medical treatment is still required. Ask your chemist or Needle and Syringe Program about how to access Naloxone.



WARNING!

If you take a break from using, your tolerance will quickly reduce. This places you at greatly increased risk of overdose. If you choose to use again you will need much less. Use less and go slow.