



Toxic drugs:

Ideas to stay alive



Naloxone kits and training



Use at an Overdose Prevention Site (OPS)



If your goal is not to use, what supports will help?



Use a little first, then the rest



Plan for relapse: Be extra careful if you use when your tolerance is down



Use with a friend or ask someone to check on you after



Ask a health provider about Opioid Agonist Therapy (OAT) or Prescribed Alternatives



Keep track of pipes for stimulants vs pipes for opioids



Test your drugs at an Overdose Prevention Site or with take home strips



Watch for drug alerts on posters, websites, Text "JOIN" to 253787 to get alerts



Use Lifeguard app, NORS line, or use with a friend on the phone to send help if you can't respond

ToxicDrugResponse@vch.ca
<https://www.vch.ca/en/overdose-response-naloxone-training>

For more copies, go online at vch.eduhealth.ca or email pthem@vch.ca and quote Catalogue No. DB.500.To51
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