WATCH YOUR MIX
Most ODs happen when you do a shot of heroin after drinking or taking pills (like benzos). Don’t shoot dope on top of pills, alcohol or methadone!

Too much, too many, too soon = Overdose

HALVE YOUR HIT
Any break in your use - even for just a few days - causes your tolerance to drop. After jail, treatment, a hospital stay or your own break, you have to do less.

Cut that first hit in half.
Do NOT.....

- **Do NOT** put them in the shower or bath
- **Do NOT** inject them with salt, water, speed or coke
- **Do NOT** put ice cubes up the butt
- **Do NOT** give them coffee or alcohol

These do not work and they waste time.

**When you call 911:**
1. Tell them where you are.
2. Say: "My friend is passed out and I can't wake her up" or "My friend isn't breathing."

Calling 911 doesn’t mean you’ll get arrested if the cops show up. Their first concern is to save your friend’s life. Just be smart:
- Get rid of any drugs or needles while you wait for help.
- If you have warrants or are on probation, ask someone else to stay.
- If you have to get out, put your friend where he can be seen and stay until you hear the sirens.

**Remember**
Once someone stops breathing, they can die within minutes.

Call 911 right away!