

Drug and Alcohol Risk Reduction Support

Naloxone

Naloxone is a medicine that can reverse an overdose caused by opioids, such as heroin, oxycodone, codeine, morphine and fentanyl.

Opioids can be mixed in other drugs. If someone is unconscious or will not wake up, they may be overdosing, and Naloxone can save their life.

- Naloxone will not harm a person if they are not overdosing
- All shelters have trained staff and Naloxone kits on-site
- If you or someone else might be overdosing, find staff who is trained to administer Naloxone
- Good Samaritan Law offers some protections: you cannot get in trouble if you are using or carrying drugs when calling for help for someone else
- Anyone can be trained to give Naloxone – talk to your case manager to get trained

Safety Planning

Safety planning is thinking of ways to keep yourself safe when you use alcohol or drugs.

Think about the last time you had a serious problem when using drugs or alcohol.

- What could have prevented that from happening?
- What could have made your recovery after the incident easier?
- What has worked in the past to keep you or others safe?
- What will you be able to do next time to prevent or reduce your risk?

Use the risk reduction tips on the back of this sheet to develop your safety plan.

Support

There are people within your shelter and organizations outside of shelter that can provide support for you.

- **Case managers** can provide support while you are in shelter and connect you to care and services
- **Health care providers** can prescribe medications to help you use less drugs and alcohol
- **Harm reduction programs** provide services to reduce risk for people who are actively using drugs or alcohol. Call, text or visit [988](https://www.988.org) online for locations.
- **NYC Health + Hospitals ExpressCare:** www.expresscare.nyc/dhs or call **(845) 397-2273** for fast, free care available 24/7 via telehealth

Tips to Stay Safe If You Use Drugs or Alcohol



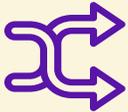
Reduce the amount you use

- Use as little as you can, any reduction in the amount you use can help
- Use less and go slow after detox or being sober – your tolerance may be low



Avoid using alone

- Use with someone you trust
- Call or text someone you trust to have them check on you
- Call the Never Use Alone Hotline: (800) 484-3731



Avoid mixing

- Avoid using more than one substance at the same time



Switch to a safer substance

- Switch from a strong to weaker substance, for example: from hard alcohol to beer
- Get a prescription rather than buying on the street



Use in the safest place possible

- Do not lock or block the door when using in any rooms or bathrooms
- Avoid stairs or streets after using
- Find a safe place to rest when intoxicated, with others around



Ask about medication that can help

- There are medications to manage or reduce drug and alcohol cravings or withdrawal
- If you are using drugs for pain, speak to a doctor about medications or strategies to safely reduce your pain



Use in the safest way possible

- Use sterile equipment (like new needles, straws and alcohol wipes)
- Switch to a safer way of using, for example from injecting to smoking



Check your drugs

- Do a tester dose/shot
- Test your drugs with a fentanyl test strip
- Harm reduction programs provide drug testing options. Call or text 988 for locations.



Use as slowly as possible

- Start out small and wait before using more
- Space out your use



Take care of your body

- Eat and drink water before and while you are using drugs or alcohol
- If you have an open cut or wound, see a health care provider
- Get tested for hepatitis C and HIV if you have shared supplies