

OPIOIDS CHECKLIST



BRAINTRUST
CANADA

OPIOIDS (BEFORE)

- Test your drugs
 - Opioids are rarely 100% pure and are often cut with other substances like BENZOS.
- Hygiene (use sterile equipment and surfaces)
 - This does not take a lot of effort but is very beneficial.
- Use the map tool to find Overdose Prevention Sites (OPS), naloxone, free clean supplies (cookers, wipes, sterile water, swabs, filters, syringes, straws, etc.)
- Avoid sharing equipment
- Education: Know the signs of an opioid overdose
 - Educate yourself and others to be able to recognize the signs of a opioid overdose so you can identify when something is amiss and you can take action.
- Carry Naloxone
 - A medication that can reverse an opioid overdose.
- Understand habituation and your environment
 - Organize childcare/petcare before using opioids
 - Buy less to use less

OPIOIDS (DURING)

- Use with others.
 - If you cannot use with others, calling the National Overdose Response Service (NORS) before use may be a good option for you.
- Carry Naloxone
- Start low and go slow, take breaks
- Avoid combining with other substances
- Hygiene
 - You may want to try alternating nostrils every time you snort or flushing out your nose with warm water after injecting.
- Supervised consumption sites
- Download Lifeguard App/ Brave App
- Be aware of your tolerance

OPIOIDS (AFTER)

- Hydrate
- Eat
- Sleep

Coming down includes physical/mental exhaustion, and a low mood. Using more substances to avoid withdrawal increases the intensity of the symptoms.