

HARM REDUCTION AND OVERDOSE PREVENTION STRATEGIES

ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH SUBSTANCE USE?

NOT READY TO QUIT?

Harm Reduction is a person-centered approach that uses strategies to reduce the harms of substance use. The goal is to improve the health and function of the individual. Strategies include: safe syringe needle exchange, prescription drug disposal, fentanyl test strips, or naloxone use.

OVERDOSE PREVENTION STRATEGIES:



DO NOT USE ALONE

If you continue to use harmful substances, do not use alone. Others may save your life.

USE LESS

You may have encountered a stressful situation, however, taking more than necessary can lead to an overdose. Use less than you normally would.

USE



LESS



USE MORE SLOWLY/USE A TESTER AMOUNT

If you are unfamiliar with a substance or get drugs from someone you don't know, take in a smaller amount or test your drugs. Fentanyl laced drugs have 100x times the effect leading to overdose. Testing strips are available.

CHANGE ROUTE OF ADMINISTRATION

Syringe needle use increases chances of infection or contracting other diseases. Consider taking substances by another route.



DO NOT USE AT ALL

If you find yourself in an unsafe location or don't use where you normally use, do not use at all.

KEEP NALOXONE NEARBY

Also known as NARCAN is life-saving medication used to REVERSE an opioid overdose. Restores normal breathing and can not be abused.



FOR MORE INFORMATION:
ROCKY MOUNTAIN TRIBAL LEADERS COUNCIL
TRIBAL OPIOID RESPONSE PROJECT
2929 3RD AVENUE NORTH, SUITE 300
BILLINGS, MT 59101
WWW.RMTLC.ORG

