

Injecting drugs?

These three steps can help to prevent an overdose:

1 Use with someone else



2 Prepare and inject your own drugs.



3 Wait as long as possible between hits.



AND...remember that if you're trying a batch for the first time, or if your tolerance is low, divide your normal dose in half - do a taster shot.

For more information on overdose prevention please contact the Ana Liffey on Freephone 1800 78 68 28.

For more information on drug and alcohol services in your area, go to drugs.ie/services



ana liffey drug project
ACTION • PREVENTION • SUPPORT