



OVERDOSE RESCUE PLAN.

Did you know in 2020 42% of people who died from an overdose died alone?

Do you or someone you know ever use drugs alone?	Yes/No
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1. If you use drugs alone: Naloxone is only effective if there's someone to administer it
How will anyone know if you overdose?
Would you want to be saved?

2. Risk factors of overdose and your own use:
Have you overdosed recently?
Are you using more than one type of drug?
Are there times when your tolerance is reduced?

3. If you use alone how could you make sure someone will know if you overdose?
Do you have anyone who could check in on you after you have used?

4. Do you have naloxone and know how to use it if a peer overdoses?

5. Would you want naloxone administered to you if you overdose?
Does anyone know where you keep your naloxone when you are using?

Name/Initials: _____

Date: _____



RESCUE PLAN.

- ✓ **DON'T USE ALONE**
- ✓ **MAKE SURE SOMEONE WILL KNOW IF YOU OVERDOSE**
- ✓ **CARRY NALOXONE**
- ✓ **HAVE SOMEONE THERE TO ADMINISTER NALOXONE**

Name/Initials: _____

Date: _____