

# DRUGS AWARENESS

Unlock summer safely. If you choose to use drugs, take extra care to lower the risk of overdose. It's safest to assume that anything you take could be mixed with something else, so stay informed, and don't take unnecessary risks.



## HARM REDUCTION:

- **Don't mix, stick to one or none!** Mixing drugs (and alcohol) increases the risk of overdose and bad reactions.
- **Test a small amount** to know what you are taking.
- **Check your surroundings.** Where are you? Can you get home safely? Can you call for help if you need it?
- **Always start small**, even if you've had it before.
- **Every batch can be different**, what felt okay last time might hit differently now.
- **Do you trust the people you're with?** Are they sober enough to help in an emergency? Stick with people you know and trust.
- **Break, take, and wait.** Break pills into quarters, take one piece, and wait at least 45 minutes before deciding if you want more.

**Synthetic opioids**, such as fentanyl and nitazenes, are extremely strong drugs that can sometimes be **mixed into other substances without people knowing**. This can greatly increase the risk of overdose, which is why it's important to stay informed and never assume you know exactly what's in a drug.

**Synthetic opioids are now classed as an A class drug.**



Do you know how to spot the signs of an overdose? Should you be carrying Nyxoid? Speak to Aquarius to find out more or get support: [www.aquarius.org.uk](http://www.aquarius.org.uk)