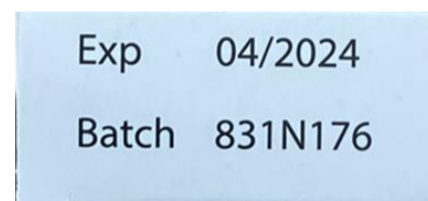
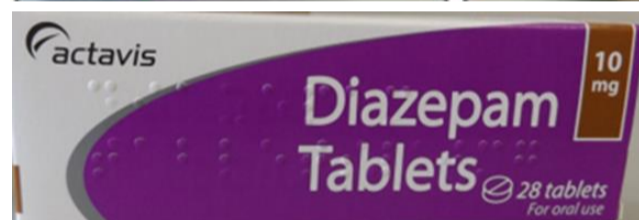




Drug alert: Fake diazepam



Fake diazepam has been appearing in different forms across the UK for months now. Some of these tablets contained dangerous synthetic opioids such as Metonitazene, Bromazolam and Pregabalin. These drugs are more likely to lead to an overdose and one batch contained all three.

If you're buying illicit diazepam, be particularly cautious of any that are sold under the name "Accord" or "Actavis".

Be careful about any packages that have this false batch number as well.

Staying safe and helping others

If possible, avoid using the tablets we have identified – the only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about the sources from which you get your drugs, and about the drugs you are taking; maybe starting with just a quarter hit of a new supply.
- **Do not use alone**; make sure that someone you trust is present and equipped with a couple of naloxone kits in case of an opiate overdose.
- **If using with others**, it's best if only one person uses the drug first and uses less as a test dose.

- **Don't mix drugs:** Using more than one drug increases your risks of overdose, including mixing with alcohol.
- **Look after your friends:** look out for the signs of an overdose, e.g. loss of consciousness, shallow or absent breathing, 'snoring' or loud 'rasping', and/or blue lips or fingertips.
- **Be prepared to call immediately for an ambulance** if someone overdoses and administer naloxone if available. Make sure you have enough naloxone available. More doses of naloxone may be needed to recover from an opiate overdose.
- **Use the testing service available** at www.wedinos.org

If you don't have a naloxone kit, or yours has expired, please contact us.

If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org