No matter what or how you use (smoking, snorting, injecting) take steps to prevent overdose:

- Get your drugs checked – find locations at drugchecking.ca
- Be aware of increased risk if mixing with other drugs, including alcohol
- Use with others around
- Start with a small amount and space out your doses
- Carry naloxone and know how use it
- Get the LifeGuard App - lifeguarddh.com
- Call 211 or visit bc211.ca to find services near you