

OVERDOSES in the city :

lower your dose

it won't kill you

SUMMER 2014



IF YOU USE DRUGS OFTEN OR ONLY FROM TIME TO TIME:

- Never do it alone
- Lower your dose (cut it in 4)
- Take it slowly

If you think someone is in danger, **quickly call an ambulance (911).**

You could save this person's life!

WATCH FOR THESE SIGNS:

- difficulty breathing
- breathing slower and slower
- blue lips
- loss of consciousness (the person doesn't wake up)

Agence de la santé
et des services sociaux
de Montréal

Québec 