

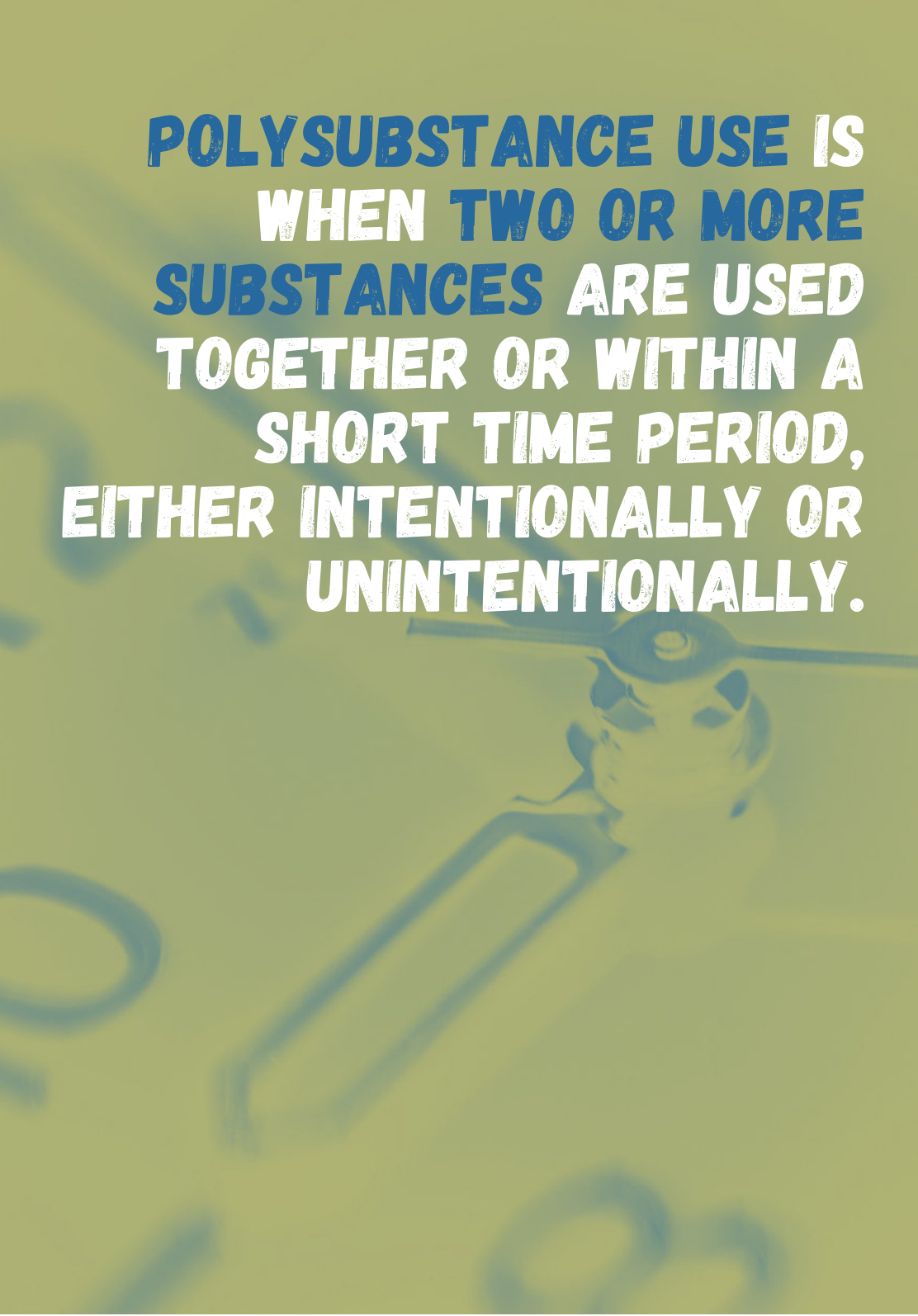
# STAY INFORMED

# STAY ALIVE

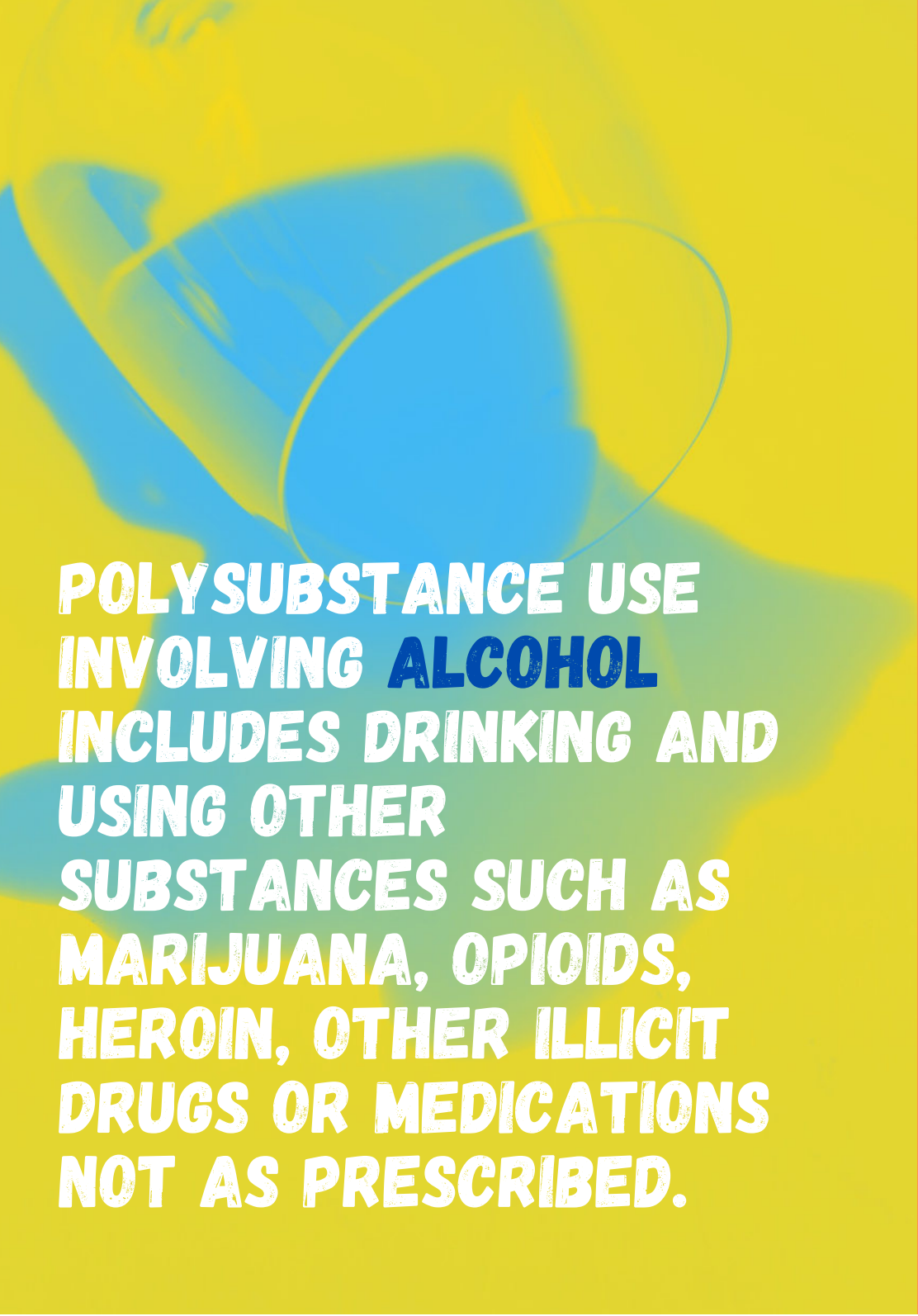


**POLYSUBSTANCE USE  
EDUCATION**

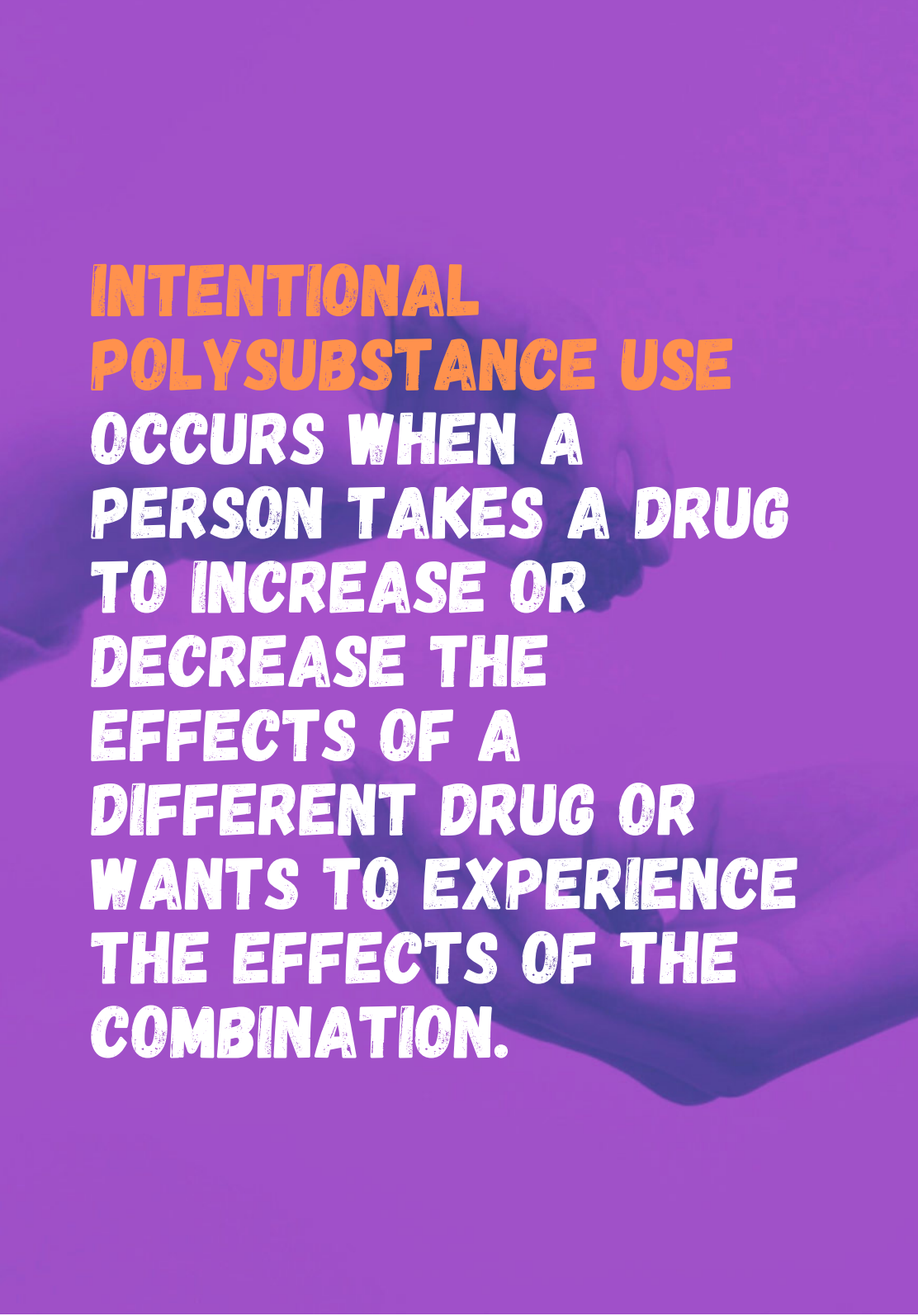
Vol. 1



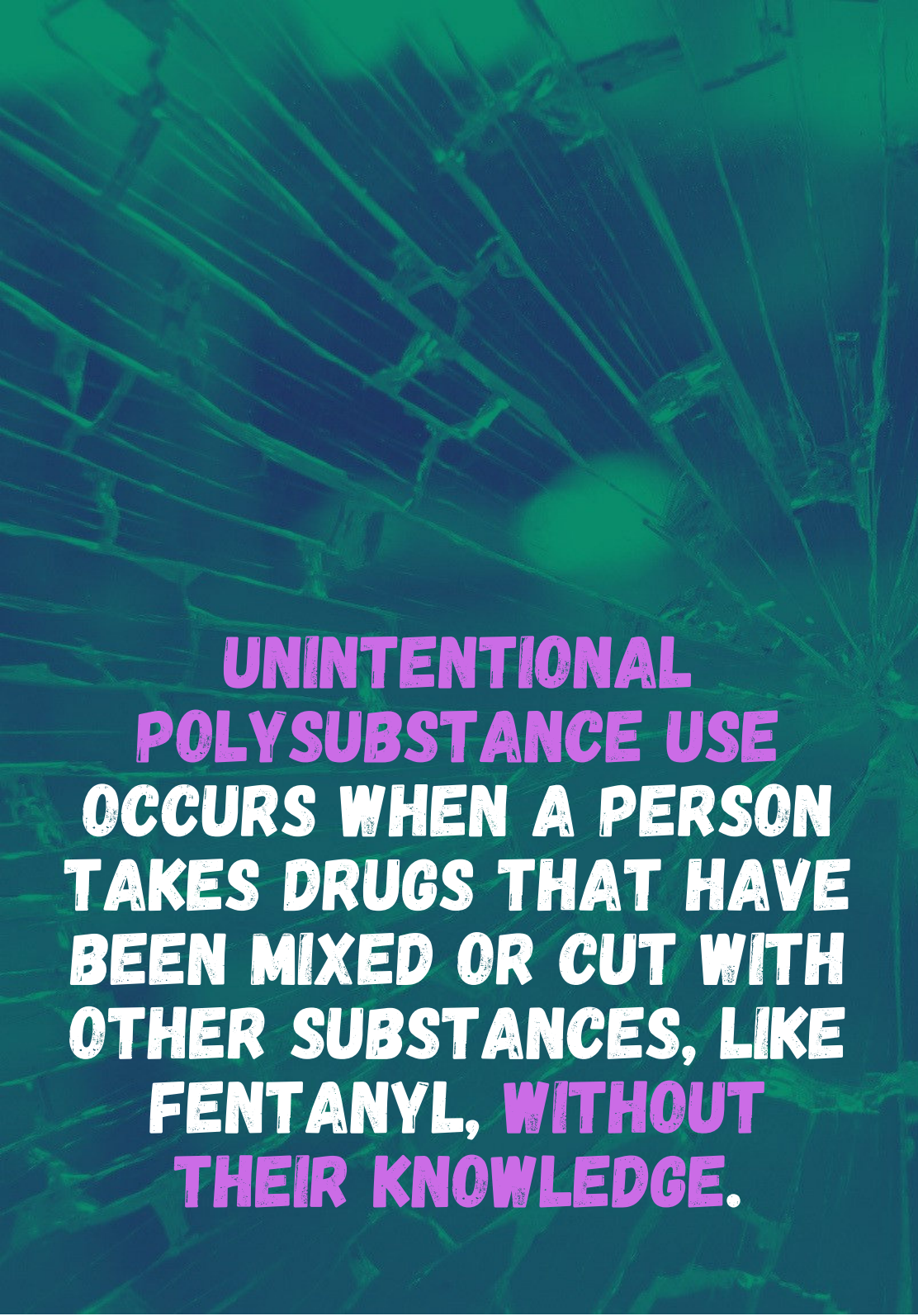
**POLYSUBSTANCE USE IS  
WHEN TWO OR MORE  
SUBSTANCES ARE USED  
TOGETHER OR WITHIN A  
SHORT TIME PERIOD,  
EITHER INTENTIONALLY OR  
UNINTENTIONALLY.**

A hand is shown holding a glass of beer, with a blue and yellow background. The text is overlaid on the image.

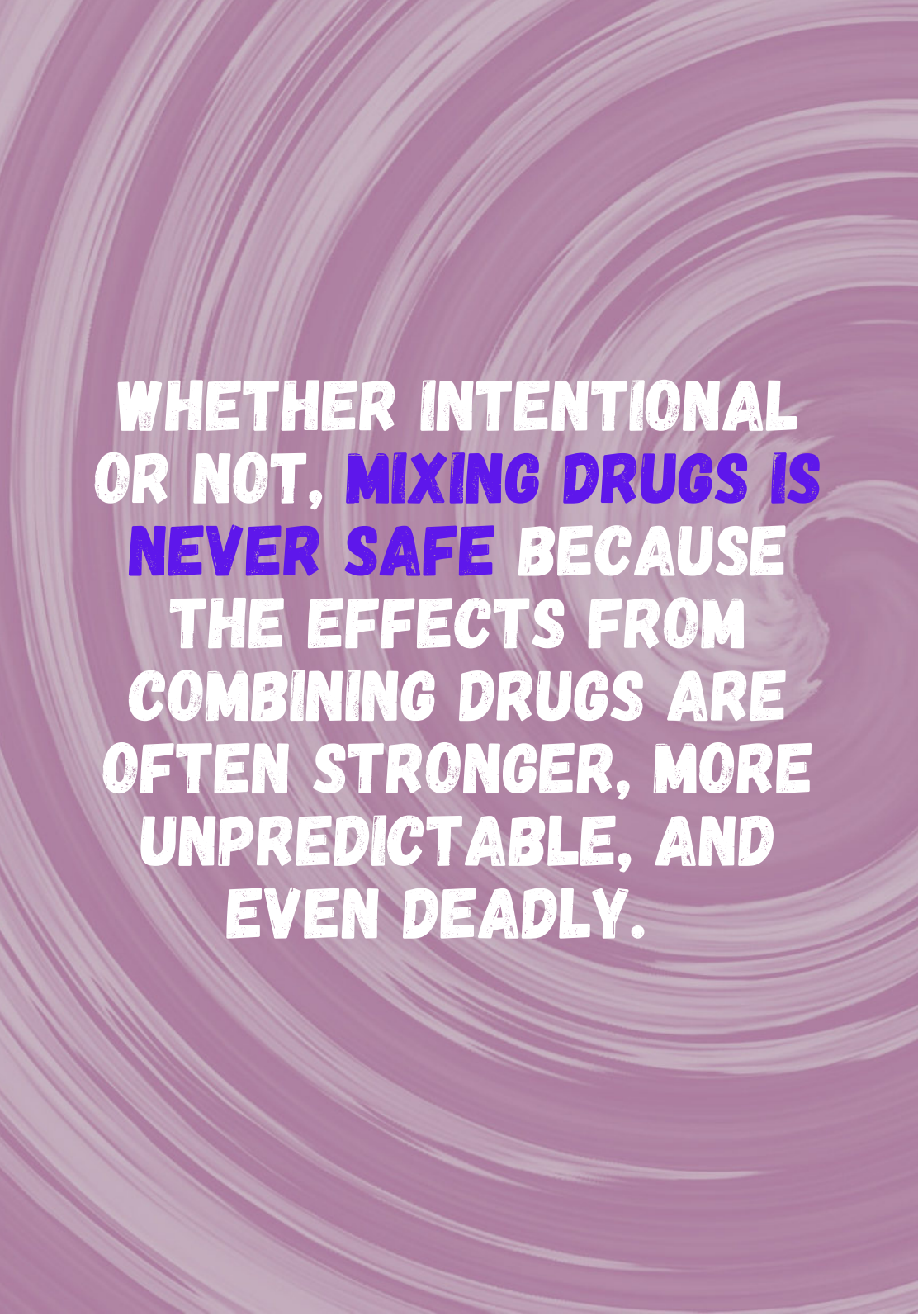
**POLYSUBSTANCE USE  
INVOLVING ALCOHOL  
INCLUDES DRINKING AND  
USING OTHER  
SUBSTANCES SUCH AS  
MARIJUANA, OPIOIDS,  
HEROIN, OTHER ILLICIT  
DRUGS OR MEDICATIONS  
NOT AS PRESCRIBED.**

A background image showing a pair of hands holding a small white pill. The hands are positioned as if about to take the pill. The image is overlaid with a semi-transparent purple filter.

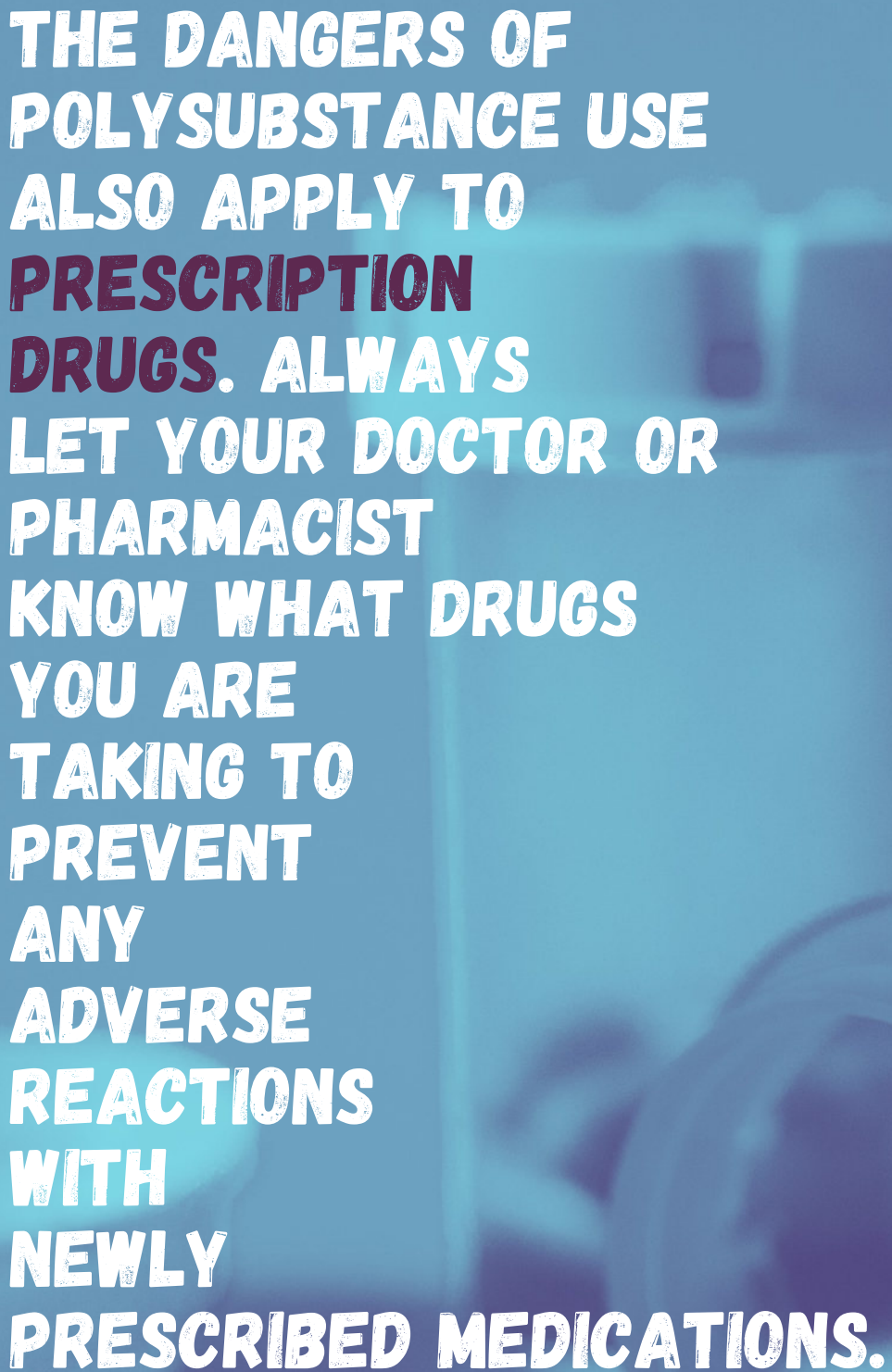
**INTENTIONAL  
POLYSUBSTANCE USE  
OCCURS WHEN A  
PERSON TAKES A DRUG  
TO INCREASE OR  
DECREASE THE  
EFFECTS OF A  
DIFFERENT DRUG OR  
WANTS TO EXPERIENCE  
THE EFFECTS OF THE  
COMBINATION.**



**UNINTENTIONAL  
POLYSUBSTANCE USE  
OCCURS WHEN A PERSON  
TAKES DRUGS THAT HAVE  
BEEN MIXED OR CUT WITH  
OTHER SUBSTANCES, LIKE  
FENTANYL, WITHOUT  
THEIR KNOWLEDGE.**



**WHETHER INTENTIONAL  
OR NOT, MIXING DRUGS IS  
NEVER SAFE BECAUSE  
THE EFFECTS FROM  
COMBINING DRUGS ARE  
OFTEN STRONGER, MORE  
UNPREDICTABLE, AND  
EVEN DEADLY.**



**THE DANGERS OF  
POLYSUBSTANCE USE  
ALSO APPLY TO  
PRESCRIPTION  
DRUGS. ALWAYS  
LET YOUR DOCTOR OR  
PHARMACIST  
KNOW WHAT DRUGS  
YOU ARE  
TAKING TO  
PREVENT  
ANY  
ADVERSE  
REACTIONS  
WITH  
NEWLY  
PRESCRIBED MEDICATIONS.**

**IN 2020, THERE WERE**

**801**

**DEATHS DUE TO DRUG  
OVERDOSE IN NEW  
MEXICO.**



TO PUT THAT IN  
CONTEXT, ONE NEW  
MEXICAN DIED FROM  
DRUG OVERDOSE  
ABOUT EVERY

**11** HOURS.

# MIXING STIMULANTS

(EX. ECSTASY (MDMA), COCAINE, METHAMPHETAMINES, AMPHETAMINES A.K.A. SPEED)

**STIMULANTS (ALSO KNOWN AS UPPERS) CAN INCREASE YOUR HEART RATE AND BLOOD PRESSURE TO DANGEROUS LEVELS AND INCREASE YOUR RISK OF SEVERAL SERIOUS HEALTH PROBLEMS. COMBINING STIMULANTS MAY EVEN DIRECTLY OR INDIRECTLY INCREASE YOUR RISK OF:**

- **BRAIN INJURY**
- **LIVER DAMAGE**
- **HEART ATTACK**
- **STROKE**

# **SIGNS OF USE/OVERDOSE THAT MAY OCCUR WHEN MIXING STIMULANTS:**

- **FAST/TROUBLED  
BREATHING**
- **INCREASED BODY  
TEMPERATURE**
- **NAUSEA OR VOMITING**
- **CHEST PAIN**
- **SEIZURES OR TREMORS**

# MIXING DEPRESSANTS

(EX. OPIOIDS (HEROIN, MORPHINE, OXYCODONE, HYDROCODONE, FENTANYL), BENZODIAZEPINES)

**DEPRESSANTS (A.K.A. DOWNERS) CAN SLOW DOWN YOUR BREATHING AND INCREASE YOUR RISK OF SEVERAL ADVERSE HEALTH OUTCOMES.**

**COMBINING DEPRESSANTS CAN ALSO DIRECTLY OR INDIRECTLY INCREASE YOUR RISK OF:**

- DAMAGE TO THE BRAIN AND OTHER ORGANS**
- OVERDOSE**
- DEATH**



# **SIGNS OF USE/OVERDOSE WHEN MIXING DEPRESSANTS:**

**-SLOW BREATHING**

**-WEAK PULSE**

**-ALTERED MENTAL STATUS  
OR CONFUSION**

**-PASSING OUT**

**MIXING STIMULANTS AND DEPRESSANTS DOES NOT BALANCE OR CANCEL EACH OTHER OUT. MIXING DRUGS IS UNPREDICTABLE, OFTEN CHANGING OR COVERING THE EFFECTS OF ONE OR BOTH DRUGS. THIS MAY LEAD YOU TO THINK THE DRUGS ARE NOT AFFECTING YOU, MAKING IT EASIER TO OVERDOSE.**

**DRINKING ALCOHOL  
WHILE USING OTHER  
DRUGS ISN'T SAFE.**

**ALCOHOL IS A  
DEPRESSANT WITH  
SIMILAR EFFECTS TO  
OTHER DOWNERS.  
MIXING ALCOHOL WITH  
OTHER DRUGS CAN  
INCREASE YOUR RISK OF  
OVERDOSE AND SERIOUS  
DAMAGE TO THE BRAIN,  
HEART, AND OTHER  
ORGANS.**

A close-up photograph of a hand holding a small, round, white pill between the thumb and index finger. The background is a soft, out-of-focus pinkish-red color. The text is overlaid on the image in a bold, blue, sans-serif font, tilted upwards from left to right.

**WHAT TO DO IF YOU THINK  
SOMEONE IS OVERDOSING**

**IT MAY BE HARD TO  
TELL WHETHER A  
PERSON IS HIGH OR  
EXPERIENCING AN  
OVERDOSE. IF YOU  
AREN'T SURE, TREAT IT  
LIKE AN OVERDOSE—YOU  
COULD SAVE A LIFE.**



1. CALL **911** IMMEDIATELY.
2. ADMINISTER **NALOXONE**, IF AVAILABLE.
3. TRY TO KEEP THE PERSON **AWAKE AND BREATHING**.
4. LAY THE PERSON ON THEIR SIDE (**RECOVERY POSITION**) TO PREVENT CHOKING.
5. STAY WITH THE PERSON UNTIL **EMERGENCY ASSISTANCE ARRIVES**.



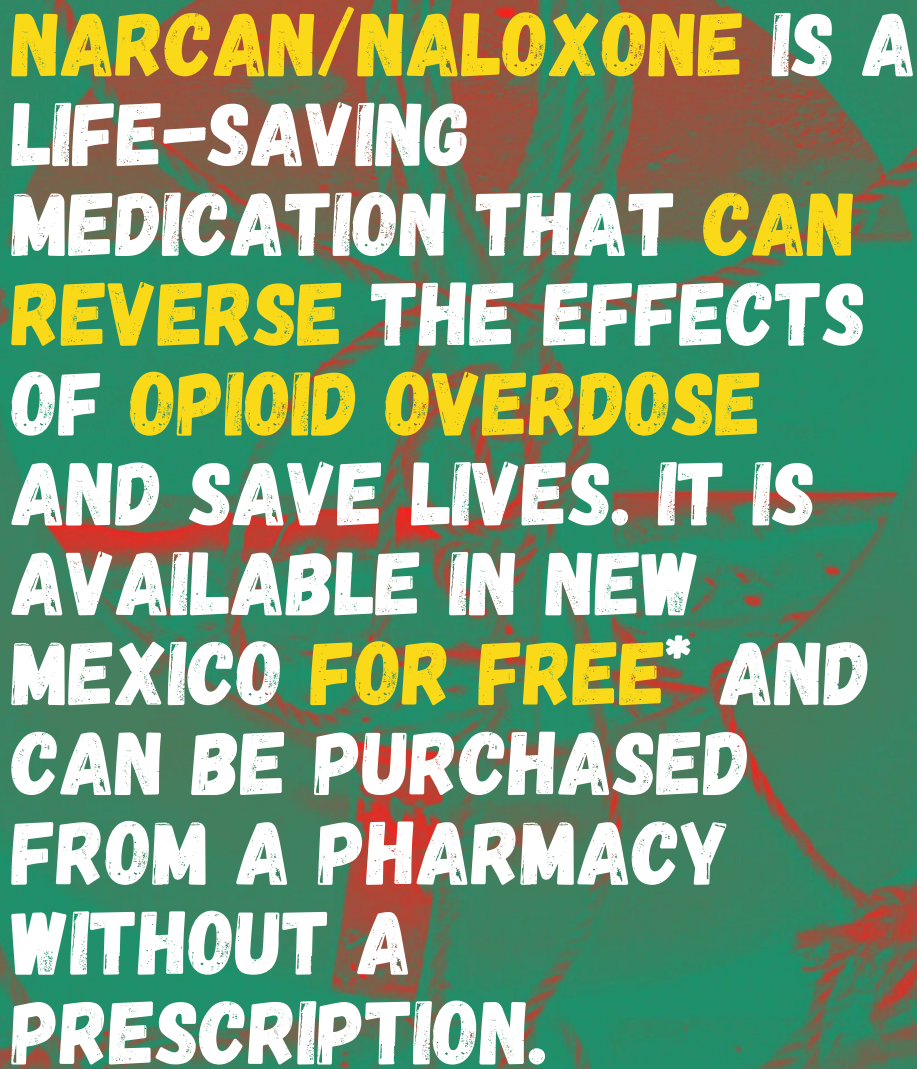
**RECOGNIZING THE SIGNS  
OF OPIOID OVERDOSE CAN  
SAVE A LIFE. HERE ARE  
SOME THINGS TO LOOK  
FOR:**

- 
- **SMALL, CONSTRICTED**  
**“PINPOINT PUPILS”**
  - **FALLING ASLEEP OR LOSS OF**  
**CONSCIOUSNESS**
  - **SLOW, WEAK, SHALLOW, OR NO**  
**BREATHING**
  - **CHOKING OR GURGLING SOUNDS**
  - **LIMP BODY**
  - **COLD AND/OR CLAMMY SKIN**
  - **PALE, BLUE DISCOLORED SKIN**  
**(ESPECIALLY IN LIPS AND NAILS)**



**NEW MEXICO GOOD  
SAMARITAN LAW:**

**YOU (AND THE  
PERSON EXPERIENCING  
AN OVERDOSE) ARE  
LEGALLY PROTECTED,  
BARRING A WARRANT,  
PROBATION, OR  
PAROLE, WHEN YOU  
CALL 911 SEEKING HELP  
FOR A FRIEND OR  
FAMILY MEMBER  
EXPERIENCING AN  
OVERDOSE.**



**NARCAN/NALOXONE IS A LIFE-SAVING MEDICATION THAT CAN REVERSE THE EFFECTS OF OPIOID OVERDOSE AND SAVE LIVES. IT IS AVAILABLE IN NEW MEXICO FOR FREE\* AND CAN BE PURCHASED FROM A PHARMACY WITHOUT A PRESCRIPTION.**

# NEW MEXICO HARM REDUCTION PROGRAM SERVICES:\*

- **SYRINGE SERVICES (INCLUDING SYRINGE EXCHANGE) & RELATED HARM REDUCTION SERVICES.**
- **OVERDOSE PREVENTION TRAINING.**
- **NALOXONE DISTRIBUTION.**
- **AURICULAR DETOXIFICATION TREATMENT.**
- **HOME DELIVERY SYRINGE SERVICES AND OVERDOSE PREVENTION TRAINING (IN SOME AREAS).**
- **COMMUNITY HEALTH AND SOCIAL SERVICE REFERRALS.**
- **BUPRENORPHINE OPIATE SUBSTITUTION THERAPY REFERRALS (IN SOME AREAS).**

# REFERENCES

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**\*TO FIND YOUR LOCAL  
HARM REDUCTION  
PROGRAM & TO GET FREE  
NARCAN/NALOXONE  
VISIT:**



**<https://www.doseofreality.com/>**



**Scan With Your Phone**