





**Using alone means you have more risk of dying from an overdose because there is no one to call for help or take care of you if you need it. Many people overdose behind closed or locked doors where no one can get to them to help.**

Prevention Tips:

* **DO develop an overdose plan with your friends, families or partners**
* **DON’T use alone**
* **DON’T stack doses**
* **DON’T mix opioids and depressants such as benzos or alcohol**
* **DO use a test dose and fentanyl test strips**
* **DO get an overdose kit and make sure people close to you know where it is and how to use it**

AVAILABLE RESOURCES

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**Medication Assisted Treatment, or MAT, uses FDA-approved medications to treat opioid addiction. Start your recovery today, find treatment near you:**

[**https://addictionfreeca.org/treatment-locators**](https://addictionfreeca.org/treatment-locators)

AVAILABLE RESOURCES