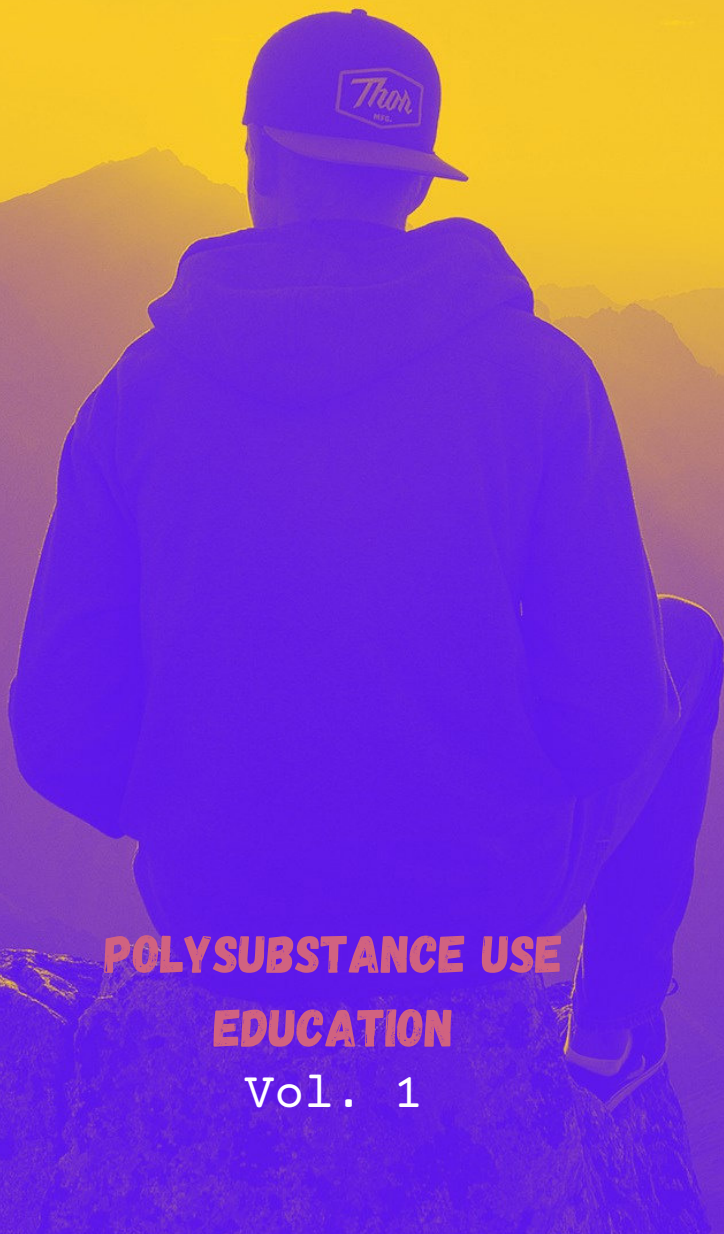


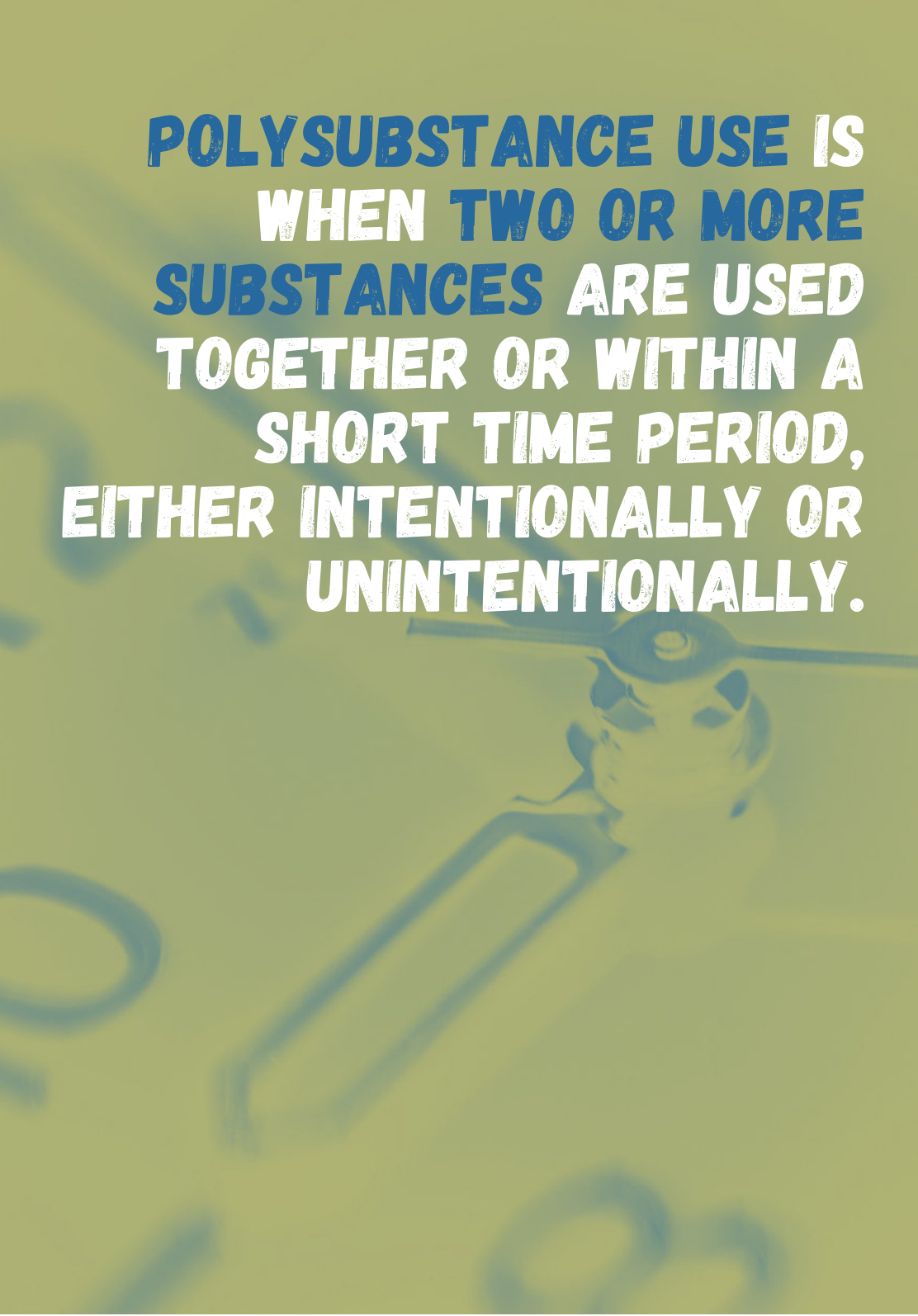
STAY INFORMED

STAY ALIVE

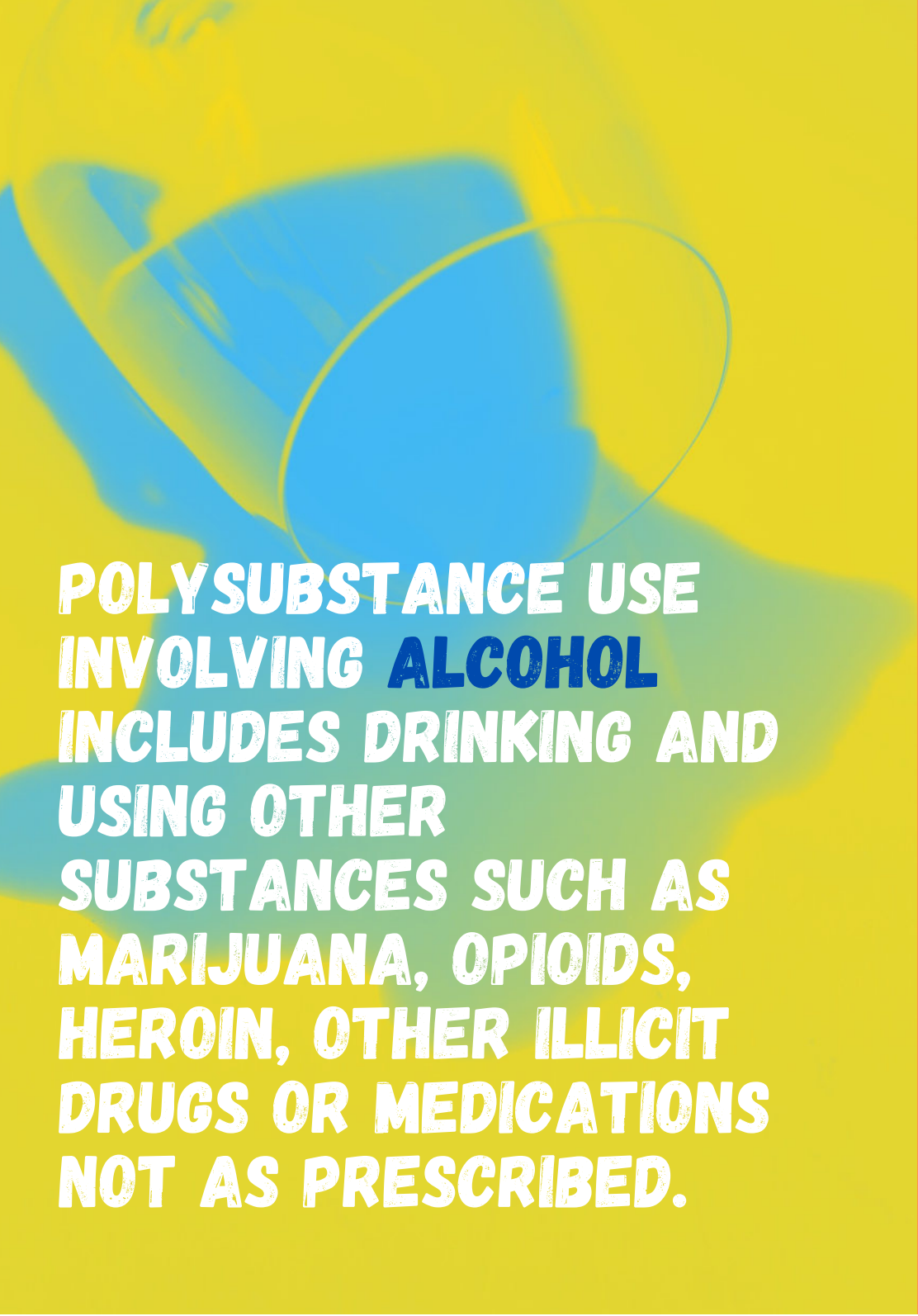


**POLYSUBSTANCE USE
EDUCATION**

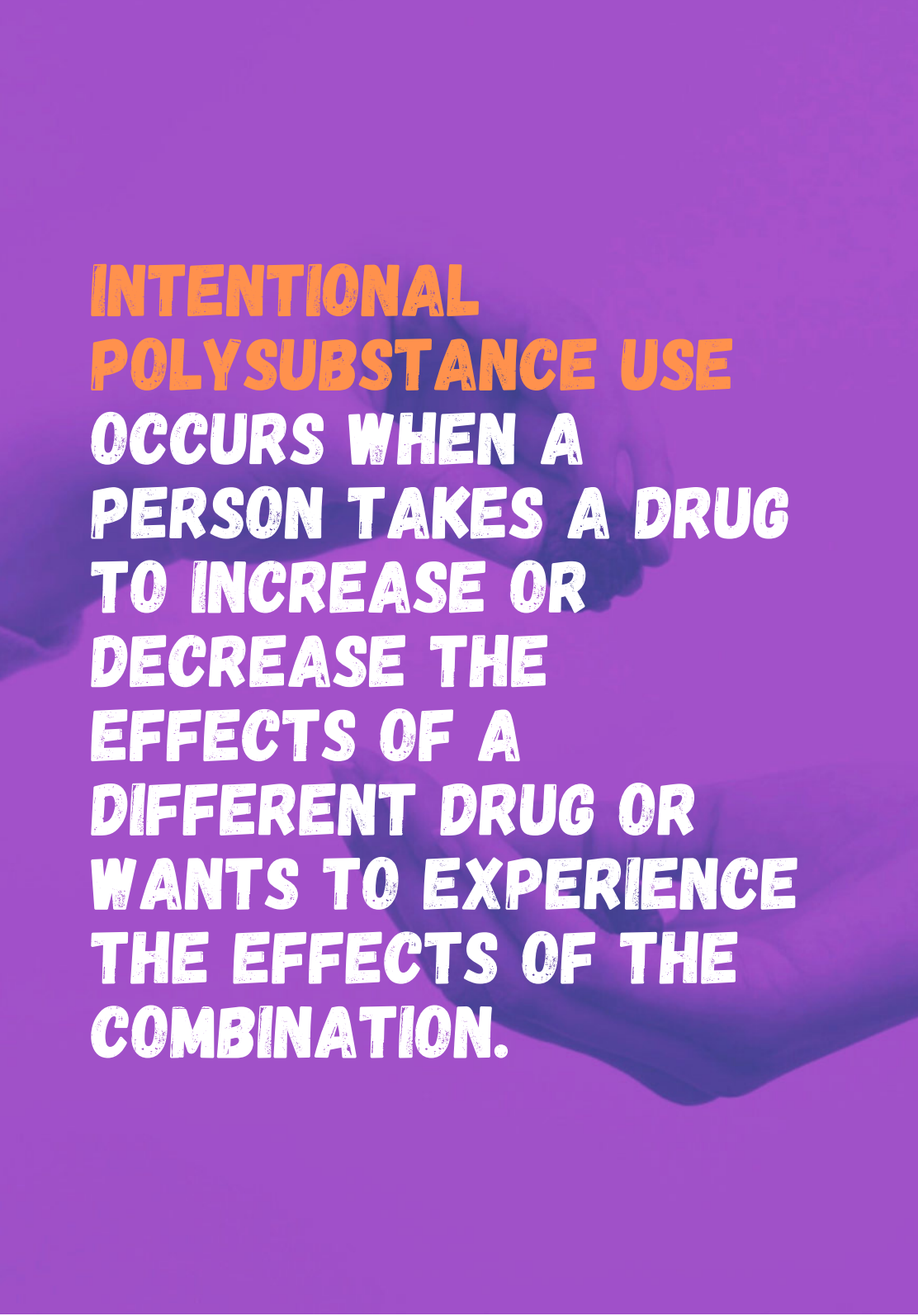
Vol. 1



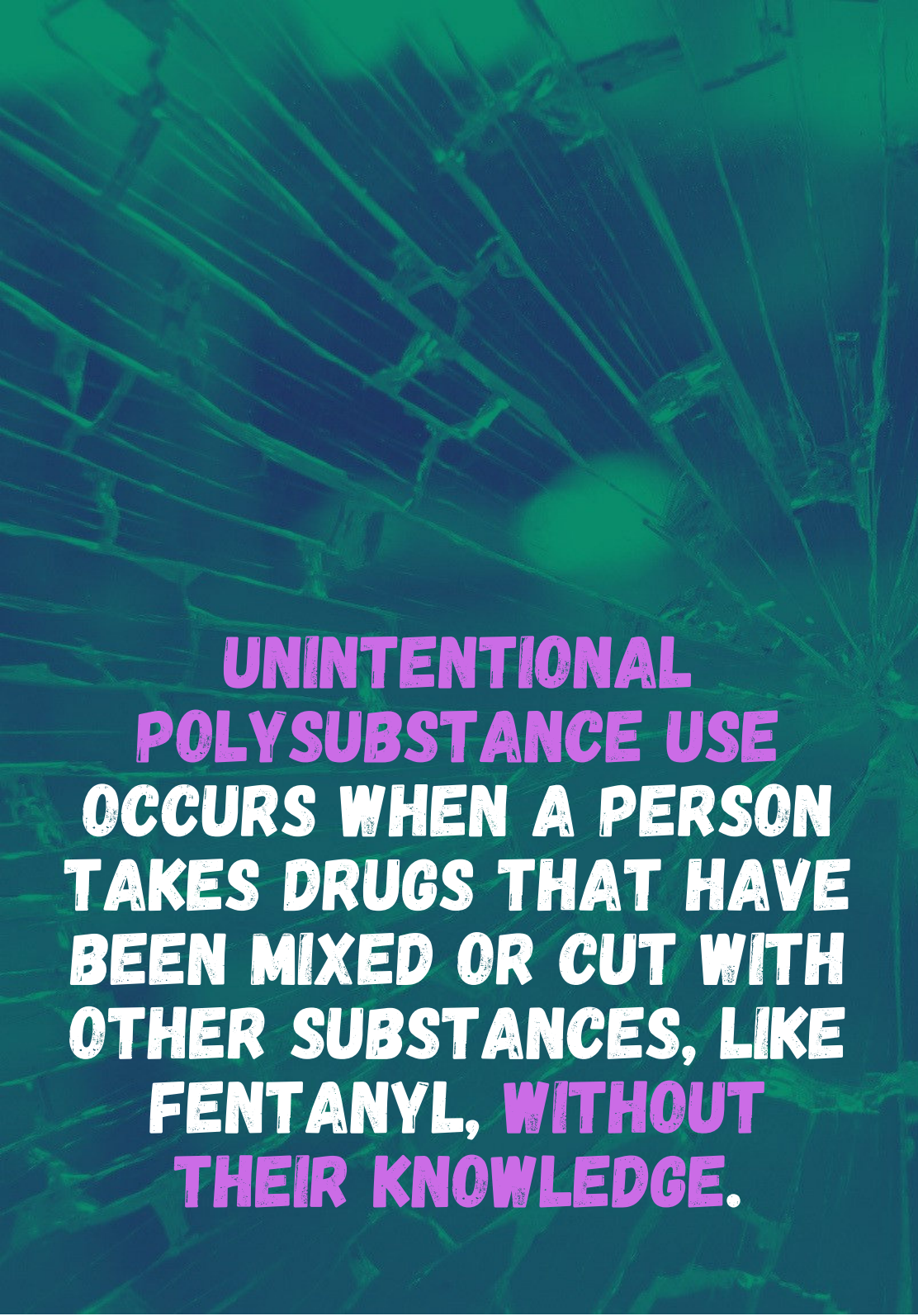
**POLYSUBSTANCE USE IS
WHEN TWO OR MORE
SUBSTANCES ARE USED
TOGETHER OR WITHIN A
SHORT TIME PERIOD,
EITHER INTENTIONALLY OR
UNINTENTIONALLY.**

A hand holding a glass of beer is the central focus of the image. The background is a vibrant yellow with a blue circular graphic element behind the hand. The text is overlaid on the lower half of the image.

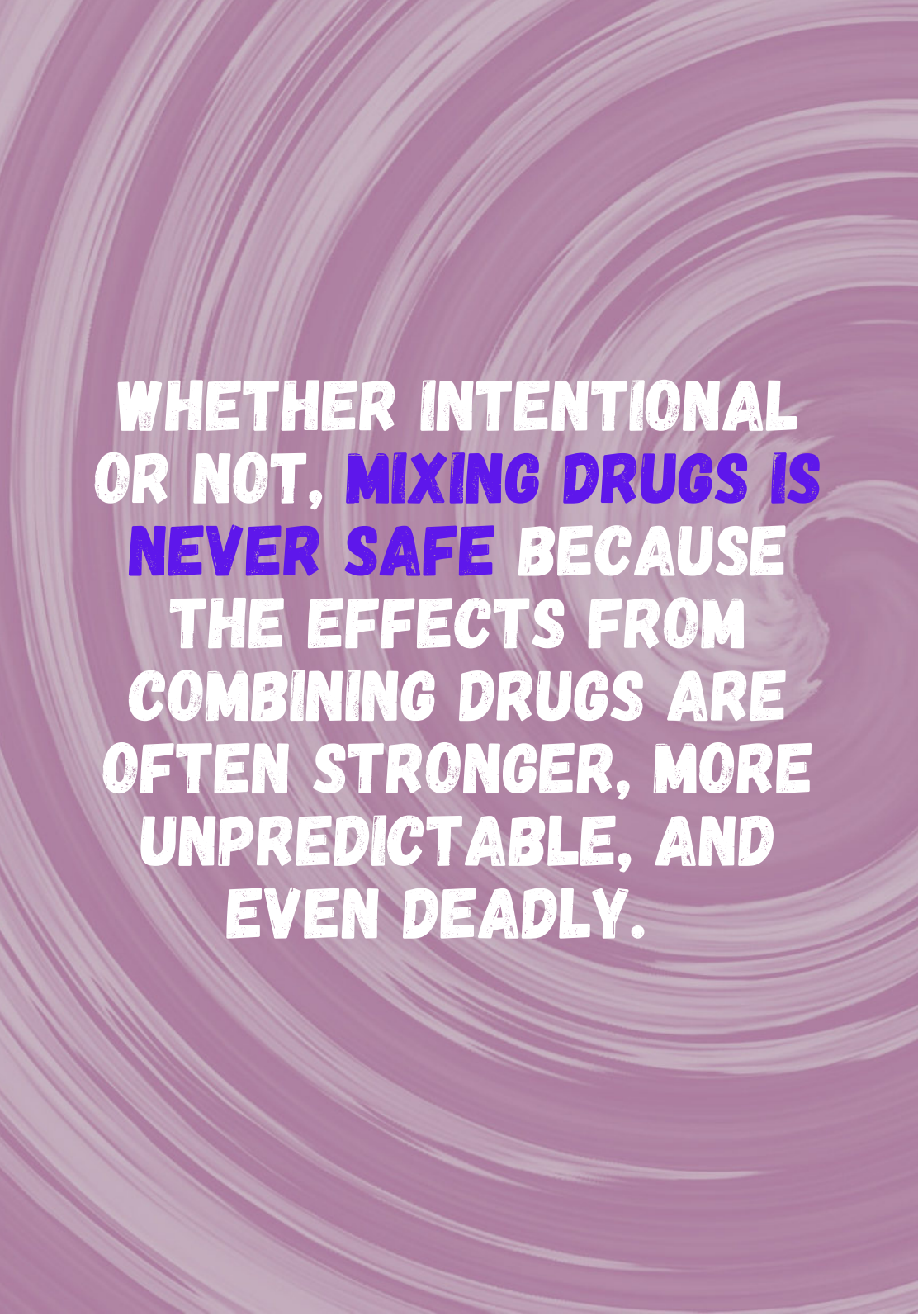
**POLYSUBSTANCE USE
INVOLVING ALCOHOL
INCLUDES DRINKING AND
USING OTHER
SUBSTANCES SUCH AS
MARIJUANA, OPIOIDS,
HEROIN, OTHER ILLICIT
DRUGS OR MEDICATIONS
NOT AS PRESCRIBED.**

The background of the image shows a pair of hands, one from the left and one from the right, holding a small, white, round pill between their fingers. The hands are positioned in the center of the frame, with the fingers slightly curled around the pill. The lighting is soft, highlighting the texture of the skin and the smooth surface of the pill. The overall composition is simple and focused on the act of holding the pill.

**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**.



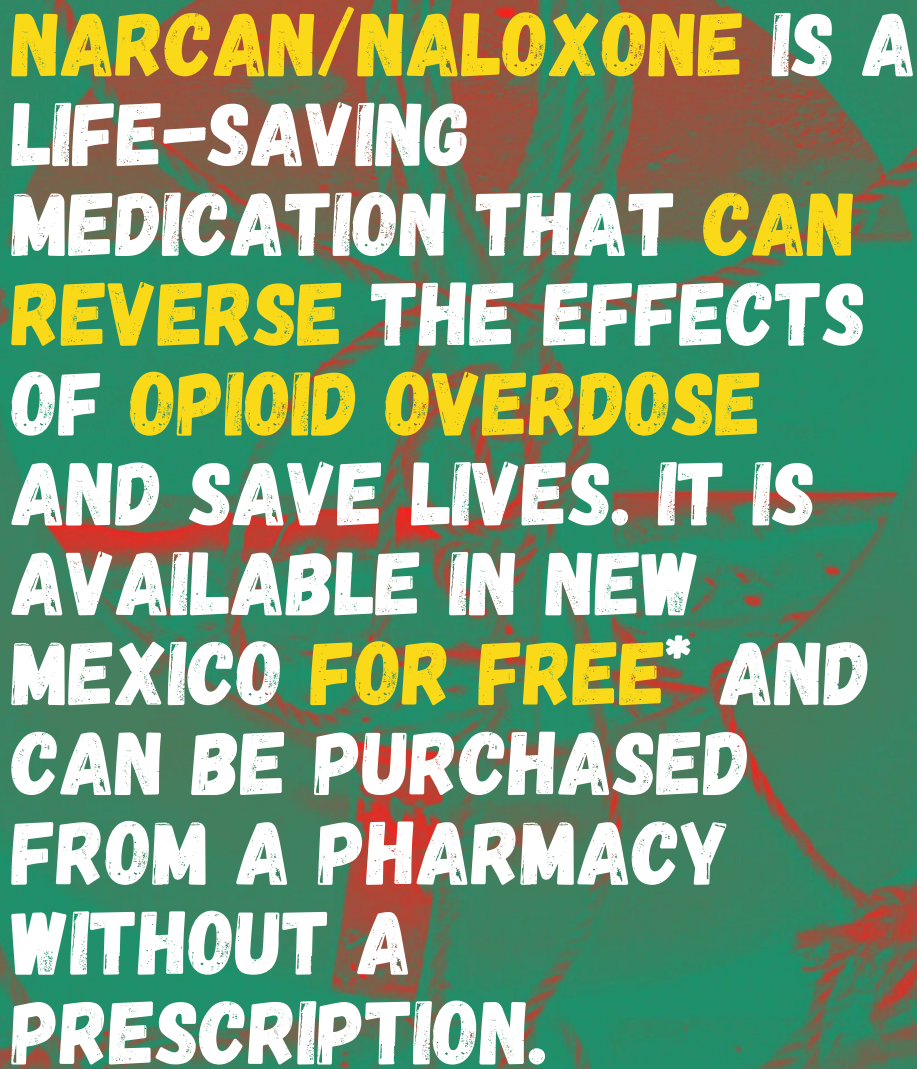
**RECOGNIZING THE SIGNS
OF OPIOID OVERDOSE CAN
SAVE A LIFE. HERE ARE
SOME THINGS TO LOOK
FOR:**

- 
- **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).**

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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