

TURN THE PAGE ON METH



SCAN FOR INFO ON
HOW TO LOWER RISK

METHFREE
LA COUNTY

VISIT [METHFREELACOUNTY.ORG](https://methfreelacounty.org) OR CALL
1-844-804-7500 TO FIND SERVICES
THAT ARE RIGHT FOR YOU.

COUNTY OF LOS ANGELES
Public Health

IF YOU ARE USING METH, TAKE STEPS TO KEEP YOURSELF AS HEALTHY AND SAFE AS POSSIBLE

- **USE CLEAN NEEDLES** (if slamming/injecting). Clean needles are available at most retail pharmacies or see below for locations.*
- **USE YOUR OWN PIPE** to determine the amount before using.
- **SET LIMITS** about how much and for how long you will use.
- **HAVE A 'BUDDY' SYSTEM.** This is where you and a friend look out for each other and keep each other safe, try not to use while you're alone.
- **DON'T MIX METH WITH OTHER DRUGS** (including alcohol).
- **PREVENT AN OVERDOSE BY CARRYING NALOXONE.** See below for locations.*
- **TEST DRUGS** (meth) for fentanyl by using fentanyl strips. See below for locations.*
- **BE SAFE-SEX READY** (condoms and water-based lube).
- **DO NOT DRIVE.** Methamphetamine affects your ability to drive safely.
- **DON'T HESITATE TO CALL 911, IF NEEDED.** First responders are trained on how to give naloxone.
- **FEEL PROTECTED BY THE GOOD SAMARITAN LAW.** If you need to call 911, the Good Samaritan Law helps protect you from drug charges when you call for help.



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