

# Don't mix



**QVHD**

Quinnipiac Valley Health District



NEW HAVEN

**Harm Reduction Taskforce**

Fighting Stigma, Supporting Change, Preventing Overdose



**NHVHEALTH**

DEPARTMENT PROMOTE PREVENT PROTECT

# DYK: **Mixing** substances increases your risk for **overdosing**.

When taken in excess, opioids slow your breathing. Your risk for overdosing **increases** when opioids are taken in combination with other depressants.

## Types of Opioids

- Heroin
- Fentanyl
- Oxycodone
- Percocet
- Vicodin

## Types of Depressants

- Alcohol
- Xanax
- Valium
- Ativan
- Librium

## Spread the word!

- Never use substances alone
- Learn how to use Naloxone (the opioid overdose reversal medication)
- Call 9-1-1 if you suspect an overdose is occurring.

**Learn more by visiting [www.connectgnh.org](http://www.connectgnh.org)**