

BE AWARE OF BENZOS IN METH

Sold As: **SIDE (METH)**
Contained: **BENZODIAZEPINES + METH**
Appearance: **COLOURLESS CRYSTAL**

**Multiple samples of this found in
Vernon + Kelowna**



Risk: Naloxone will not reverse the effects of benzos

Potential Undesirable Effects: Sleepiness, memory loss, altered thinking, perceptions of safety/sobriety, risky behavior, passing out

Facts:

- Many benzos cause a strong feeling when inhaled
- Taking multiple doses will cause more undesirable effects
- Sedation can last minutes to hours
- If you do not use benzos, this will have a stronger effect for you
- If someone passes out from meth, make sure they can breathe and do not leave them alone
- Naloxone will not work on benzos, but always give naloxone when in doubt
- Benzos can cause intense withdrawal symptoms

To Reduce Your Risks When Using Any Drugs:

1. Do not use alone – tell a sober buddy who can call for help
2. Test by using a small amount first, then go slow. If you have unwanted effects, stop.
3. Do not mix with alcohol or other drugs
4. Have naloxone on hand
5. Call 911 immediately if something does not feel right
6. Give breaths and Naloxone if someone has decreased breathing/signs of an overdose
7. Use the services available at an Overdose Prevention or Harm Reduction site near you
 - **Living Positive Resource Centre, 255 Lawrence Avenue, Mon-Fri, 2 pm – 5 pm**
 - **Interior Health OPS, 1649 Pandosy Street, 7 days/week, 11am – 10pm**
 - **UBCO - UNC 337, 3272 University Way, Weds 6-9pm**