

How to test your drugs

Using fentanyl test strips to stay safe from overdose



[Watch a training video here!](#)

1 Fill a small container with at least 15 ml of water.



15 ml is about a tablespoon or a small bottle of nail polish.

2 Fully dissolve a small amount of powder (residue on bag, scraped/crushed pill) in the water.



You can use a bottle cap, small cup, or the test strip bag to dissolve the substance.

3 Hold the blue end of the strip and dip it in the water for 10 seconds (until the water reaches the white part of the strip).



Remember that each pill or baggy should be tested individually.

4 Take the strip out of the water and wait 60 seconds.

1 line = fentanyl is present. 2 lines = fentanyl is not present.

END
OVERDOSE.
AT OXY

Find out more info at oxy.edu/harm-reduction

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How to use naloxone*

Learn how to respond to and reverse an overdose



[Watch a training video here!](#)

Signs of overdose

- 1 Pinpoint pupils:** The person's pupils are excessively constricted, and do not respond to light.
- 2 Breathing:** Breathing is slowed or stopped. Adults normally breathe 12-20 times per minute.
- 3 Unconscious:** The person will not respond to any physical stimulus. They can't speak or keep their eyes open.

How to respond

- 1** Check for the signs of overdose. If you suspect an overdose, call 911 right away, followed by Campus Safety.
- 2** Lay the person on their back, open the naloxone package, and insert the spray nozzle into one nostril. Push the plunger all the way down until you hear a click.
- 3** Put them in recovery position. Lay the person on their left side with their head resting on a pillow or their arm. Administer another dose in 2-3 minutes if they do not wake up.

END
OVERDOSE.
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Call 911 right away if you suspect an overdose.

*naloxone is safe and has no negative side effects, even if the person is not overdosing

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How to Stay Safe While Partying



Listen to yourself. If your body is telling you something is wrong, seek help immediately. If you or someone else is in danger, call 911.



Know the signs of alcohol poisoning: Won't wake up, vomiting while passed out, slow/irregular breathing, pale skin, extreme confusion.

Make sure there are at least 2 people you know and trust coming with you. Use the buddy up system.



Pace yourself while drinking by alternating with non-alcoholic beverages. Avoid mixing drinks and drinking games.



Pre-Party

Post-Party



Eating high protein foods and carbs will slow down the absorption rate so alcohol won't hit your system all at once.



Drink water and eat food. This counteracts dehydration and electrolyte imbalance from the alcohol and prevents a hangover the next day.

Plan what transportation you will be taking before leaving, Remember if you are on/near campus you can call Campus Safety for a ride.



Make sure you and all your friends get home safely. Keep an eye on your friends that may have had too much to drink.



Oxy 24/7 Crisis Line: (323) 341-4141

- Call to speak to a licensed crisis counselor if you or someone else is having a mental health or substance use emergency
- Crisis counselor will first assess for safety
- They can respond in an emergency and activate 911 and/or Oxy emergency response
- You can call for yourself or for another person
- When in doubt, call!



[Oxy's Medical Amnesty Policy](#)



[Learn more about the Peer Power Program here](#)

Campus Safety: (323) 259-2599

- If you or someone else are in immediate danger, call 911 and alert campus safety immediately
- If you are near campus and need a safe ride, call Campus Safety
- If you are locked out of your room between midnight and 10 am, call Campus Safety (all other times call your RA or go to the Card Office for assistance)

THE RISK is in THE MIX

↗ stimulants

Ecstasy (MDMA), cocaine, methamphetamines, amphetamines (speed), aka "uppers"

- Can increase your heart rate and blood pressure to dangerous levels
- Combining stimulants (using more than one of the above at a time) may increase your risk of brain injury, liver damage, heart attack, stroke

↘ depressants

Opioids (prescription opioids, heroin, morphine, oxycodone, hydrocodone, fentanyl), benzodiazepines, alcohol, aka "downers"

- Can slow down your central nervous system, can slow or stop breathing
- Combining depressants can increase your risk of damage to the brain and other organs, overdose, and death

↗↘ mixing stimulants + depressants

- Mixing stimulants and depressants doesn't balance or cancel them out
- Combining drugs can be unpredictable
- Sometimes combining drugs can modify or mask the effects of one or both drugs, which can lead to taking too much, making it easier to overdose



Check your drug combinations with this interactive tool

Alcohol, SSRIs, Adderall, and other prescriptions can interact with recreational drugs

combo.tripsit.me

CHECK IN with YOURSELF

cannabis



alcohol



nicotine



Free, confidential self-assessments that will give you personalized feedback and harm reduction tactics for these common substances (register with your Oxy email address for free access)



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oxy.edu/harm-reduction