



MYTH BUSTED



Using *Crystal Meth* with *Opioids* does not reduce the risk for overdose

Interviews with people who use drugs found one of the most common reasons given for using crystal meth with opioids was that they “balance each other out”

Does meth protect against opioid overdose?

No... meth and opioids act on the body in different ways.

"Using both together increases your risk of overdose and other harms"

Effects of Methamphetamine Use



Speeds up heart and increases body temperature. Can cause heart attack, cardiac arrest and stroke.



Temporarily increases energy levels and alertness.



May cause psychosis and paranoia.

Effects of Opioid Use



Slows breathing.



Causes drowsiness and relaxation.



Reduces Pain.



Meth does not stimulate the breathing centre, so will not reverse the effects of an opioid overdose.



Using opioids with meth increases your risk of overamping because you may not notice the early signs.

Stimulant Overdose (Overamping)

- Jerking limb movements
- Fast or irregular heart rate
- Chest pains
- Hot, sweaty skin
- Headaches
- Anxiety, confusion, agitation, hallucinations

Opioid Overdose

- Not responding
- Slow or no breathing
- Choking, gurgling sounds or snoring
- Blue lips and nails
- Cold or clammy skin
- Tiny pupils

Recommendations:



Start low, go slow.



Have an overdose plan. Carry naloxone.



Use at observed consumption sites, if available.



Know the signs of overdose or overamping.



Don't use alone, tell someone you are going to use.



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