

HARM REDUCTION LIBERIA



It's always safer not to take a drug. However, should you decide to use drug remember

1 KNOW YOUR SOURCE

Check out the quality and effect of the product you buy. Heroin (brown-brown) is sometimes cut with toxic drugs, but is most dangerous when it is too pure! The majority of overdoses are caused by heroin that's less cut than usual.

2 CARRY CONDOMS

Don't forget to have raincoat (Condoms) and lube available and use them when engage in sexual intercourse

3 DON'T SHARE TOOLS

Avoid sharing the materials you use. For example, if you inject, use your own equipment to prevent the transmission of hepatitis and HIV/AIDS. If you smoke coco (crack cocaine), try to have your personal pipe. If you snort, try to don't use banknotes and to not share straw or tube with other people. Use a clean surface for cutting up lines.

4 BE CAREFUL HOW MUCH YOU CONSUME

Pay attention to the dose or how much you consume. If you are doing something for the first time, take at most half as much as the regulars. Also do this if you hadn't consumed that particular drug in a long time

5 AVOID TO STAY ALONE

Try not to use drugs alone. It's best to be with people you trust in a reassuring or secure location, in the event of an overdose, you can be rescued.

6 TRY TO DONT MIX DRUGS, ESPECIALLY WITH ALCOHOL

Try not to mix drugs with alcohol, and especially not with medications like Tramadol, Diazepam, Valium, etc. This greatly increases the risk of an overdose

7 AVOID RISKY ACTIVITIES

Avoid driving and any similar and responsible activity when you are high or under the influence of any drugs.



Remember : It's always illegal to consume heroïne and coco in Liberia

