

# **STAY INFORMED**

# **STAY ALIVE**



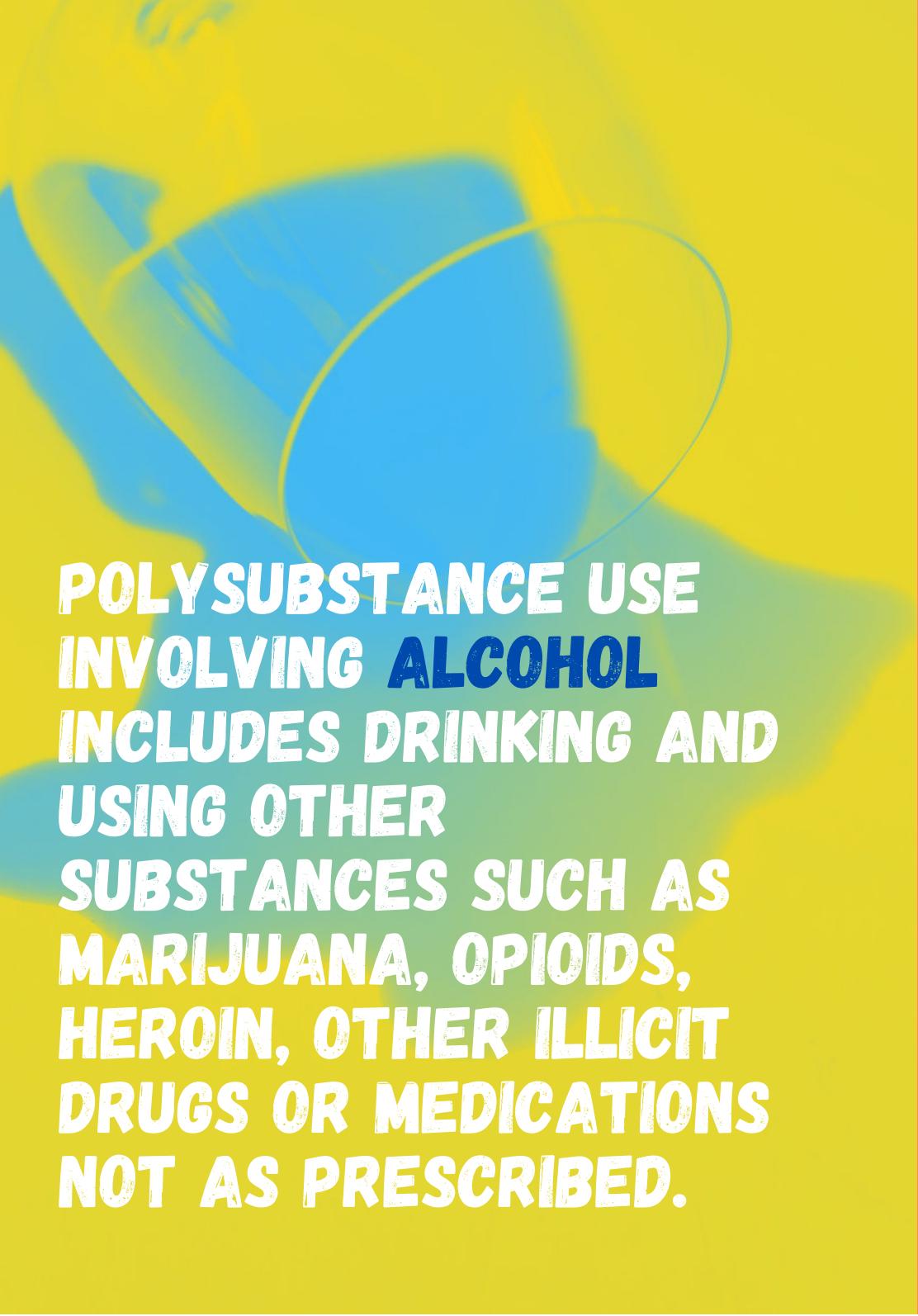
**POLYSUBSTANCE USE**

**EDUCATION**

**Vol. 1**

**POLYSUBSTANCE USE IS  
WHEN TWO OR MORE  
SUBSTANCES ARE USED  
TOGETHER OR WITHIN A  
SHORT TIME PERIOD,  
EITHER INTENTIONALLY OR  
UNINTENTIONALLY.**





**POLYSUBSTANCE USE  
INVOLVING ALCOHOL  
INCLUDES DRINKING AND  
USING OTHER  
SUBSTANCES SUCH AS  
MARIJUANA, OPIOIDS,  
HEROIN, OTHER ILLICIT  
DRUGS OR MEDICATIONS  
NOT AS PRESCRIBED.**

**INTENTIONAL  
POLYSUBSTANCE USE  
OCCURS WHEN A  
PERSON TAKES A DRUG  
TO INCREASE OR  
DECREASE THE  
EFFECTS OF A  
DIFFERENT DRUG OR  
WANTS TO EXPERIENCE  
THE EFFECTS OF THE  
COMBINATION.**

**UNINTENTIONAL  
POLYSUBSTANCE USE  
OCCURS WHEN A PERSON  
TAKES DRUGS THAT HAVE  
BEEN MIXED OR CUT WITH  
OTHER SUBSTANCES, LIKE  
FENTANYL, WITHOUT  
THEIR KNOWLEDGE.**

**WHETHER INTENTIONAL  
OR NOT, MIXING DRUGS IS  
NEVER SAFE BECAUSE  
THE EFFECTS FROM  
COMBINING DRUGS ARE  
OFTEN STRONGER, MORE  
UNPREDICTABLE, AND  
EVEN DEADLY.**

**THE DANGERS OF  
POLYSUBSTANCE USE  
ALSO APPLY TO  
PRESCRIPTION  
DRUGS. ALWAYS  
LET YOUR DOCTOR OR  
PHARMACIST  
KNOW WHAT DRUGS  
YOU ARE  
TAKING TO  
PREVENT  
ANY  
ADVERSE  
REACTIONS  
WITH  
NEWLY  
PRESCRIBED MEDICATIONS.**

IN 2020, THERE WERE

801

DEATHS DUE TO DRUG  
OVERDOSE IN NEW  
MEXICO.



**TO PUT THAT IN  
CONTEXT, ONE NEW  
MEXICAN DIED FROM  
DRUG OVERDOSE  
ABOUT EVERY**

**11 HOURS.**

# **MIXING STIMULANTS**

**(EX. ECSTASY (MDMA), COCAINE, METHAMPHETAMINES,  
AMPHETAMINES A.K.A. SPEED)**

**STIMULANTS (ALSO KNOWN AS UPERS) CAN INCREASE YOUR HEART RATE AND BLOOD PRESSURE TO DANGEROUS LEVELS AND INCREASE YOUR RISK OF SEVERAL SERIOUS HEALTH PROBLEMS. COMBINING STIMULANTS MAY EVEN DIRECTLY OR INDIRECTLY INCREASE YOUR RISK OF:**

- **BRAIN INJURY**
- **LIVER DAMAGE**
- **HEART ATTACK**
- **STROKE**

# **SIGNS OF USE/OVERDOSE THAT MAY OCCUR WHEN MIXING STIMULANTS:**

- **FAST/TROUBLED BREATHING**
- **INCREASED BODY TEMPERATURE**
- **NAUSEA OR VOMITING**
- **CHEST PAIN**
- **SEIZURES OR TREMORS**

# **MIXING DEPRESSANTS**

(EX. OPIOIDS (HEROIN, MORPHINE, OXYCODONE, HYDROCODONE, FENTANYL), BENZODIAZEPINES)

**DEPRESSANTS (A.K.A.  
DOWNERS) CAN SLOW  
DOWN YOUR BREATHING  
AND INCREASE YOUR RISK  
OF SEVERAL ADVERSE  
HEALTH OUTCOMES.  
COMBINING DEPRESSANTS  
CAN ALSO DIRECTLY OR  
INDIRECTLY INCREASE  
YOUR RISK OF:**

- DAMAGE TO THE BRAIN  
AND OTHER ORGANS**
- OVERDOSE**
- DEATH**

# **SIGNS OF USE/OVERDOSE WHEN MIXING DEPRESSANTS:**

- SLOW BREATHING**
- WEAK PULSE**
- ALTERED MENTAL STATUS  
OR CONFUSION**
- PASSING OUT**

**MIXING STIMULANTS AND DEPRESSANTS DOES NOT BALANCE OR CANCEL EACH OTHER OUT.**

**MIXING DRUGS IS UNPREDICTABLE, OFTEN CHANGING OR COVERING THE EFFECTS OF ONE OR BOTH DRUGS. THIS MAY LEAD YOU TO THINK THE DRUGS ARE NOT AFFECTING YOU, MAKING IT EASIER TO OVERDOSE.**

**DRINKING ALCOHOL  
WHILE USING OTHER  
DRUGS ISN'T SAFE.**

**ALCOHOL IS A  
DEPRESSANT WITH  
SIMILAR EFFECTS TO  
OTHER DOWNERS.**

**MIXING ALCOHOL WITH  
OTHER DRUGS CAN  
INCREASE YOUR RISK OF  
OVERDOSE AND SERIOUS  
DAMAGE TO THE BRAIN,  
HEART, AND OTHER  
ORGANS.**

# WHAT TO DO IF YOU THINK SOMEONE IS OVERDOSING

IT MAY BE HARD TO  
TELL WHETHER A  
PERSON IS HIGH OR  
EXPERIENCING AN  
OVERDOSE. IF YOU  
AREN'T SURE, TREAT IT  
LIKE AN OVERDOSE—YOU  
COULD SAVE A LIFE.

- 1. CALL 911 IMMEDIATELY.**
- 2. ADMINISTER NALOXONE,  
IF AVAILABLE.**
- 3. TRY TO KEEP THE  
PERSON AWAKE AND  
BREATHING.**
- 4. LAY THE PERSON ON  
THEIR SIDE (RECOVERY  
POSITION) TO PREVENT  
CHOKING.**
- 5. STAY WITH THE  
PERSON UNTIL  
EMERGENCY  
ASSISTANCE ARRIVES.**

A photograph of a desert landscape. A paved road with a yellow center line curves from the bottom right towards the top left. The ground is covered in low-lying desert shrubs. In the distance, dark, silhouetted mountains are visible against a clear sky.

**RECOGNIZING THE SIGNS  
OF OPIOID OVERDOSE CAN  
SAVE A LIFE. HERE ARE  
SOME THINGS TO LOOK  
FOR:**

**- SMALL, CONSTRICTED  
“PINPOINT PUPILS”**

**-FALLING ASLEEP OR LOSS OF  
CONSCIOUSNESS**

**-SLOW, WEAK, SHALLOW, OR NO  
BREATHING**

**-CHOKING OR GURGLING SOUNDS**

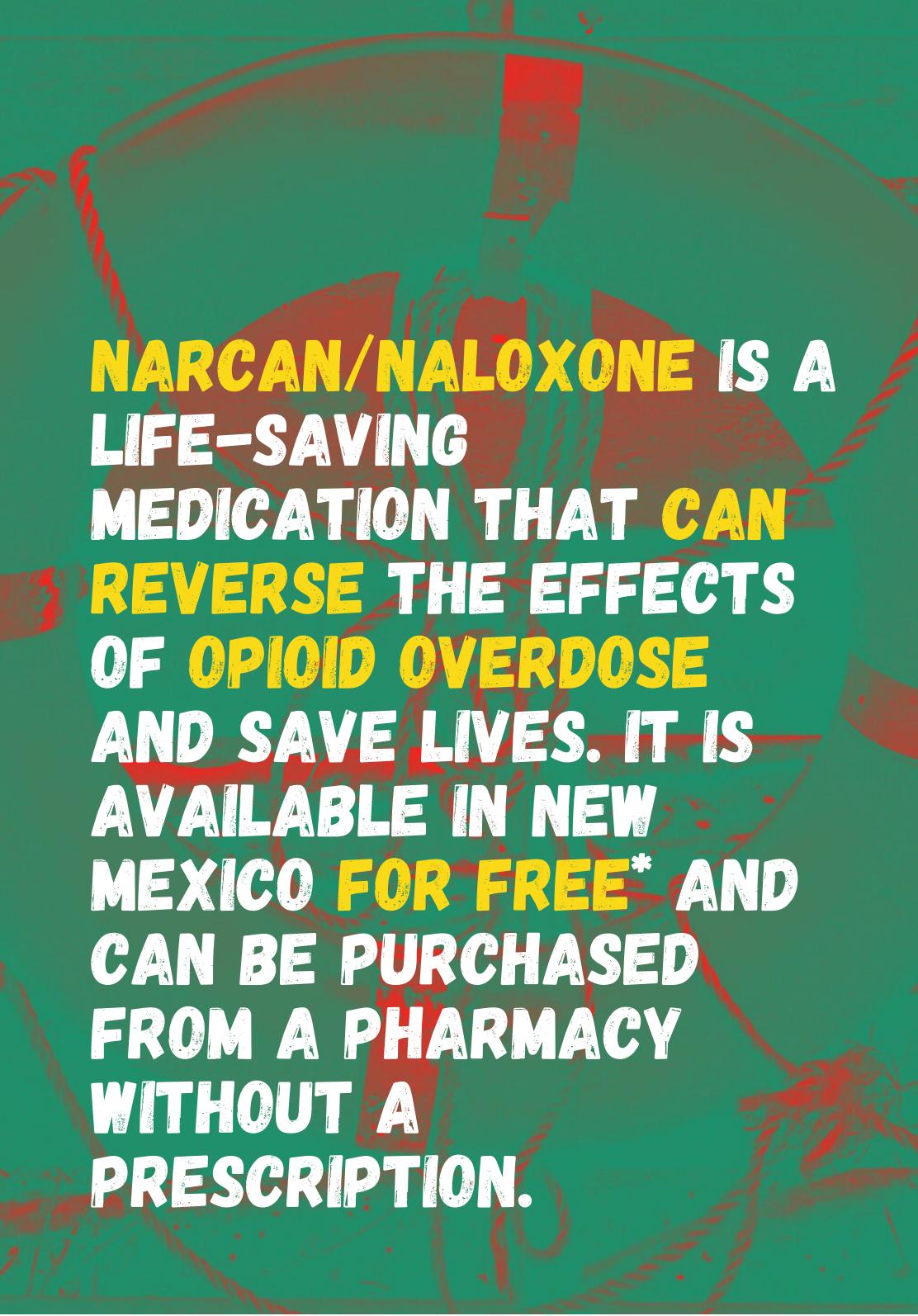
**-LIMP BODY**

**-COLD AND/OR CLAMMY SKIN**

**-PALE, BLUE DISCOLORED SKIN  
(ESPECIALLY IN LIPS AND NAILS)**

**NEW MEXICO GOOD  
SAMARITAN LAW:**

**YOU (AND THE  
PERSON EXPERIENCING  
AN OVERDOSE) ARE  
LEGALLY PROTECTED,  
BARRING A WARRANT,  
PROBATION, OR  
PAROLE, WHEN YOU  
CALL 911 SEEKING HELP  
FOR A FRIEND OR  
FAMILY MEMBER  
EXPERIENCING AN  
OVERDOSE.**



**NARCAN/NALOXONE IS A  
LIFE-SAVING  
MEDICATION THAT CAN  
REVERSE THE EFFECTS  
OF OPIOID OVERDOSE  
AND SAVE LIVES. IT IS  
AVAILABLE IN NEW  
MEXICO FOR FREE\* AND  
CAN BE PURCHASED  
FROM A PHARMACY  
WITHOUT A  
PRESCRIPTION.**

# **NEW MEXICO HARM REDUCTION PROGRAM SERVICES:\***

- **SYRINGE SERVICES (INCLUDING SYRINGE EXCHANGE) & RELATED HARM REDUCTION SERVICES.**
- **OVERDOSE PREVENTION TRAINING.**
- **NALOXONE DISTRIBUTION.**
- **AURICULAR DETOXIFICATION TREATMENT.**
- **HOME DELIVERY SYRINGE SERVICES AND OVERDOSE PREVENTION TRAINING (IN SOME AREAS).**
- **COMMUNITY HEALTH AND SOCIAL SERVICE REFERRALS.**
- **BUPRENORPHINE OPIATE SUBSTITUTION THERAPY REFERRALS (IN SOME AREAS).**

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**\*TO FIND YOUR LOCAL  
HARM REDUCTION  
PROGRAM & TO GET FREE  
NARCAN/NALOXONE  
  
VISIT:**



**<https://www.doseofreality.com/>**



**Scan With Your Phone**