

# Keep safe. Prevent overdose.

## My Safety Plan

I know that abstinence (not using) is the **only** way to be sure I don't overdose. But if I relapse, I will take these precautions to prevent overdose:

- I know that after not using for a while, my tolerance will be lower. So I will avoid using large amounts of opioids, benzodiazepines, and/or alcohol.
- I will not use drugs and alcohol together and will not mix drugs (including prescribed drugs).
- I will take my prescription medications as prescribed and will not abuse them.
- I will be careful where I get my drugs. I know the strength of the drug may differ among dealers.
- I will try not to use alone so that I always have someone near who can help me if I overdose.
- I will participate and encourage others to participate in a Revive opioid overdose reversal training ([www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), search 'revive').
- I will try not to use drugs by injection.
- If I relapse, I agree to tell \_\_\_\_\_ and ask for help.
- If I am in danger, or if someone I am with is in danger, I will call 911.

### Fairfax – Falls Church Community Services Board

In a life-threatening emergency, call 911.

**CSB Emergency Services**

703-573-5679

**Fairfax Detoxification Center**

703-502-7000

**Entry & Referral**

703-383-8500

Find out about **REVIVE!** training to prevent opioid overdoses.

[www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), search 'revive'.