

BE AWARE OF BENZOS IN METH

Sold As: **SIDE (METH)**
Contained: **BENZODIAZEPINES + METH**
Appearance: **COLOURLESS CRYSTAL**

**Multiple samples of this found in
Vernon + Kelowna**



Risk: Naloxone will not reverse the effects of benzos

Potential Undesirable Effects: Sleepiness, memory loss, altered thinking, delusions of safety/sobriety, risky behavior, passing out

Facts:

- Many benzos cause a strong feeling when inhaled
- Taking multiple doses will cause more undesirable effects
- Sedation can last minutes to hours
- If you do not use benzos, this will have a stronger effect for you
- If someone passes out from meth, make sure they can breathe and do not leave them alone
- Naloxone will not work on benzos, but always give naloxone when in doubt
- Benzos can cause intense withdrawal symptoms

To Reduce Your Risks When Using Any Drugs:

1. Do not use alone – tell a sober buddy who can call for help
2. Test by using a small amount first, then go slow. If you have unwanted effects, stop.
3. Do not mix with alcohol or other drugs
4. Have naloxone on hand
5. Call 911 immediately if something does not feel right
6. Give breaths and Naloxone if someone has decreased breathing/signs of an overdose
7. Visit an Overdose Prevention or Harm Reduction site for supplies, supervised consumption, drug-checking, and more
 - **Cammy LaFleur Street Outreach Clinic, 2800 33rd St. Mon-Fri 1-3PM**
 - **Interior Health MHSU, 3306A 32nd Ave, Mon-Fri 9am-12pm & 1-3pm**