



Pace myself

There are many risks associated with drinking too much too fast, including alcohol poisoning. Pacing ourselves can help minimize that risk.



To pace myself, I:

- ☐ Limit myself to one drink per hour
- ☐ Use a 'drink spacer' and drink a non-alcoholic drink after every alcoholic drink
- ☐ Limit the amount of money I take with me when going out so I can't buy as many drinks
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another



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Ensure I eat food before I start drinking

One way to manage risks associated with drinking too much is to avoid drinking on an empty stomach. Alcohol is absorbed into our system more slowly when we have eaten.

Harm Reduction 02



To ensure I don't drink on an empty stomach, I:

- ☐ Make a promise to myself to not drink on an empty stomach
- ☐ Prepare and eat a healthy meal before drinking
- ☐ Store takeout menus next to my drinks as a reminder
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

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Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

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Plan ahead to get home safely

One of the harmful risks associated with alcohol and drug use is operating a motor vehicle under the influence. Planning can help us avoid this risk.

Harm Reduction 03



To ensure I get home safely, I:

- ☐ Arrange for a designated driver
- ☐ Take a cab/Uber/Lyft
- ☐ Take a bus
- ☐ Call a sober friend/family member to drive me home
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

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☐ Yes – it helps me *(describe)*:

☐ No – I will try another

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Leave with someone I trust

One of the risks associated with being under the influence is that we can be taken advantage of. Staying connected with friends can help minimize this risk.

Harm Reduction 04



To ensure I leave the party/bar with a person I trust, I:

- ☐ Stay connected to the people I came to the bar with by texting/standing with them
- ☐ Watch my drink and not leave it unattended
- ☐ Tell someone where I am going and who I am with if I am leaving
- ☐ Let a trusted person (bartender, close friend, police) know if I feel unsafe
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

☐ No – I will try another

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- ☐ My idea:

Does this Personal Medicine work for me?






☐ Yes – it helps me *(describe)*:

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Practice low-risk drinking

For men, low risk drinking limits are no more than 4 drinks on any day, and no more than 14 drinks per week. For women, low risk drinking limits are no more than 3 drinks on any day and no more than 7 drinks per week.

Low-risk drinking limits		MEN	WOMEN
	On any single DAY	No more than 4  drinks on any day	No more than 3  drinks on any day
	Per WEEK	14  drinks per week	7  drinks per week
To stay low risk, keep within BOTH the single-day AND weekly limits.			

Harm Reduction 05

To ensure I practice low-risk drinking, I:

Does this Personal Medicine work for me?






☐ Yes – it helps me *(describe)*:

☐ No – I will try another

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Harm Reduction 05

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Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

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Use new syringes

Sharing syringes exposes us to risk of infections and blood borne diseases. Making a commitment to not share needles helps to reduce this risk.



Instead of sharing syringes, I:

- ☐ Find a local syringe exchange to access free syringes
- ☐ Purchase syringes from a pharmacy (*in most areas, you can purchase syringes without a prescription*)
- ☐ Talk with my doctor about my addiction to access a syringe prescription
- ☐ Clean my syringes with bleach (*this isn't a fool proof method for preventing disease, but it is better than sharing syringes*)
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me (*describe*):

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Get regular STD screenings

Using substances can expose us to the risk of sexually transmitted diseases. It's important to get screened for HIV/AIDS, syphilis and hepatitis (B & C).

Harm Reduction 07



My STD Screening Plan *(where, how often, support needed, questions/concerns to share with my doctor.)*

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe):*

☐ No – I will try another

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My STD Screening Plan *(where, how often, support needed, questions/concerns to share with my doctor.)*

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe):*

☐ No – I will try another

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Only inject around others

If we accidentally inject too much, or the drug is too potent, having a person present when injecting can help reduce the risk of overdose.

**If an overdose is known/
suspected, call 911 (US) or the
emergency line in your country**



When I use, I:

- ☐ Inject with someone present who will watch for signs of overdose
- ☐ Ensure that if someone else is also injecting, we take turns to observe each other for signs of overdose
- ☐ Have Narcan (naloxone) available to treat a known/suspected overdose
- ☐ My idea:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
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If we accidentally inject too much, or the drug is too potent, having a person present when injecting can help reduce the risk of overdose.

**If an overdose is known/
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To reduce harm, I:

- ☐ Inject with someone present who will watch for signs of overdose
- ☐ Ensure that if someone else is also injecting, we take turns to observe each other for signs of overdose
- ☐ Have Narcan (naloxone) available to treat a known/suspected overdose
- ☐ My idea:

Does this Personal Medicine work for me?

- ☐ Yes – it helps me *(describe)*:
- ☐ No – I will try another

Have Narcan (naloxone) available

Narcan (naloxone) is a medicine that blocks the effects of opioids and can be used as an emergency treatment for an overdose. If we are using opioids, it's important to reduce our risk by making sure we have Narcan (naloxone) available.

**If an overdose is known/
suspected, call 911 (US) or the
emergency line in your country**

Harm Reduction 09

To ensure I have Narcan available, I:

- ☐ Get a prescription from my doctor
- ☐ Access it from a syringe exchange program
- ☐ Get it over the counter (some states do not require a prescription)
- ☐ Access it through my local Health Department
- ☐ My idea:

Does this Personal Medicine work for me?

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Avoid holding the inhale

Smoking marijuana or other drugs can damage our lungs. Most of the drug is absorbed seconds after inhaling. Holding the smoke allows tar and other cancer causing agent to enter our bodies through our lungs. Taking shorter inhales can help reduce this harm.

Harm Reduction 10

I will reduce harm by holding the inhale for a count of:

To remind myself in the moment I: *(example: Say or sing a short phrase in my head and exhale when I'm done)*

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe):*

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Make it inconvenient to use

When substances are conveniently available, it's much easier to use on a whim or use too much. Making it harder to access them can help us cut back.

Harm Reduction 11

To make it inconvenient to use, I:

- ☐ Keep my tools and stash in separate places
- ☐ Keep my stash in a locked cabinet
- ☐ Buy smaller quantities of drugs
- ☐ Don't prepare ahead of time (*e.g. Only roll a joint if I am going to smoke it immediately*)
- ☐ My idea:

Does this Personal Medicine work for me?

☐ Yes – it helps me (*describe*):

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Spend time with people who don't use

When using drugs or alcohol, we tend to hang out with people who also use. Spending time with people who don't use can help us cut back.

Harm Reduction 12



My motivation for wanting to cut back:

Places I go where people are not using:

People I know who don't use:

Things I like to do when I'm not using:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

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Personal Medicine: Harm Reduction

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling/state-of-being? ☐ Yes ☐ No

Is it something I do now, not a future goal? ☐ Yes ☐ No

Is it something I do, not something I take? ☐ Yes ☐ No

Does it say how it helps me? ☐ Yes ☐ No

Harm Reduction Blank

Personal Medicine: Harm Reduction



My plan:

Does this Personal Medicine work for me?

☐ Yes – it helps me *(describe)*:

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