

Methamphetamine Harm Reduction Tips

If Combining Meth + a Depressant (Fentanyl, Heroin, Alcohol)



Utilize
trusted
sources



Use
fentanyl
test strips



Start slowly
and use in
small amounts



Try a
less risky
route of
administration



Check the
appearance -
is it what you
are used to?



Have a trusted
person nearby
to check in



Have naloxone
in case of
an opioid
overdose

Reduce Unwanted Side Effects of Methamphetamine



Take breaks or
reduce
frequency
of use



If possible,
sleep or rest in
a safe,
comfortable
place



Drink plenty of
water and eat
food (even
a little), while
using



Only use
single use,
sterile
equipment



Practice
safe and
consensual
sex

Did You Know?!

Most of the illicit methamphetamine available today is both unadulterated and pure. According to the Drug Enforcement Administration (DEA), meth they've tested has been as much as 97.2% pure. This means that almost any amount of it is likely to result in overamping, most commonly experienced as the drug "not working," being overly tired, or sometimes falling asleep right after use. The U.S. Food and Drug Administration (FDA) recommended maximum daily dose for prescription methamphetamine is 20 to 25 milligrams per day. This means that just 1 gram of illicit methamphetamine can be almost 40 times the maximum daily medication dosage. Our bodies have a limit as to how much they can absorb - this is why taking breaks, eating, hydration, and rest are so important.