

# 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.