

MAKE SURE THE FIRST SHOT AFTER A BREAK ISN'T THE LAST ONE YOU'LL EVER HAVE.

Just had a break from using?

- Your tolerance to a drug can change quickly – even in a couple of weeks
- It's easy to misjudge how much we need after a break – especially when we want to experience everything we have been missing

Manage your overdose risk:

- Make sure you use less than you were before your break. Try a test shot or break it down into a couple of smaller shots
- Don't use alone - or at least stay in touch with a mate by phone
- Watch out for the double-up effect if you've been taking prescription drugs like benzos, opioids, psych meds – even if your last dose was the day before your shot. Compensate with a smaller shot!

