



*Sometimes it's  
as simple as...*

## BEING PREPARED



If you've just completed a drug detox, and you're sure you won't use, then great. However, we know that sometimes the temptation to use after detox can be really strong.

If you think you might use again, it's important to do it safely:

- **Make sure you take a fit pack** (sometimes called "split kits" by detox services).
- **Use with a friend** – someone you trust if something goes wrong.
- **Only use a small amount.** Remember, your tolerance levels after a detox will be as low as when you started using. Never use in quantities like you used just before you detoxed. You will run the real risk of overdose and maybe even death.