

It's cold! Stay safe!

Overdoses increase by 25% in freezing temperatures

Cold weather and opiates both make breathing harder.

Go slow
Carry Naloxone
avoid using alone

Drinking in cold weather
increases your chance of
hypothermia

Alcohol cools your body quicker while making you feel warm

Dress warmly
Try to eat before you drink
Stay hydrated with non-alcoholic drinks as well
Avoid drinking alone

Love you

