

# Safety and Substance Abuse Don't Mix Infographic

## DON'T MIX THESE!

Opioid overdoses can happen when opioids are combined with alcohol and/or other drugs.

## REMEMBER YOUR ABCS!



### A lcohol

Opioids and alcohol can both lead to shallow breathing, lowered blood pressure and heart rate – so using them together significantly raises the risk of overdose.



### B enzodiazepines

Opioids and benzodiazepines – which include Xanax, Valium, Restoril, Klonopin and Ativan – both slow the rate of breathing, so using them together is very risky. It can also make the life-saving overdose reversal drug naloxone less effective.



### C ocaine

Opioids and cocaine have opposing effects on the central nervous system; opioids depress it and cocaine stimulates it. Both drugs can cause breathing difficulties, and combining them can adversely affect heart rate, which can lead to overdose.

#### Common opioids:

- Heroin
- Methadone
- Buprenorphine
- Hydrocodone (Vicodin®)
- Oxycodone (Oxycontin®, Percocet®, Tylox®)
- Fentanyl

Source: <https://www.northpointrecovery.com>