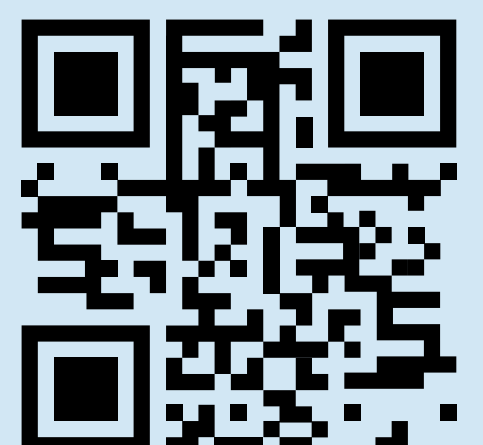


# Before You Mix, Know the Risk.

Mixing poppers with alcohol or meth increases the risk of headaches, dizziness, and passing out.



If you choose to use, go slow, use one substance at a time, and listen to your body.



# Before You Mix, Know the Risk.

Mixing drugs like cocaine and meth with alcohol can make it more likely to overdose and put extra stress on your heart, especially when you're being physically active, like during sex.



Plan ahead, start with low doses, and stay with trusted friends.

The Students  
Commission  
of Canada  
Centre of Excellence for  
Youth Engagement



La commission  
des élèves du  
Canada  
Le centre d'excellence pour  
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Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Check out our new pocket  
zine and other resources  
for substance use



# Before You Mix, Know the Risk.

Mixing drugs like meth and GHB or ecstasy during chemsex can make it harder to think clearly.



This can lead to unsafe sex, situations without consent, and a higher risk of STIs or HIV.

Avoid mixing when possible, and plan ahead if you do.

