



Detoxing or detoxed?

Make this promise to yourself:

**“If I use heroin again,
I’ll chase until
I’ve got a tolerance”**

If you inject without a tolerance,
**a fraction of what you used
to take could kill you!**





The first edition of this poster was published in 2008 for the Department of Health, as part of the Harm Reduction Works campaign which was one element of the Reducing Drug Related Deaths Action Plan.

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