

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.



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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
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Public Health
Agency of Canada

Agence de la santé
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Check out our new pocket
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for substance use



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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.

