



# WHAT IS POLYSUBSTANCE USE?

**Polysubstance use is intentionally or unintentionally taking more than one drug within a short period of time. Some people use different kinds of drugs together to increase or decrease their effects. Illegal drugs may be mixed or laced with other drugs and harmful substances.**



# MIXING DRUGS IS NEVER SAFE

There is no safe way to mix drugs. Even if certain drug combinations have been tried before, there's no way of knowing how the body will react. People who have overdosed once are more likely to overdose again.

# DRINKING ALCOHOL WHILE USING OTHER DRUGS

Alcohol can interact with all other drugs in different and dangerous ways. Mixing drugs and alcohol increases risk of heart attack and overdose.



**LEARN MORE:**

**[CDC.GOV/STOPOVERDOSE](https://www.cdc.gov/stogether)**



## Mixing Uppers + Uppers

Combining multiple stimulants like meth and cocaine may directly or indirectly increase your risk of: Heart attack, Brain injury, Liver damage, Stroke.



## Mixing Downers + Downers

Combining multiple depressants like opioids and benzos can directly or indirectly increase your risk of: Damage to the brain and other organs, Overdose, Death.



## Mixing Uppers + Downers

Mixing uppers and downers can modify or even hide the effects of the other drug, making it easier to overdose.