SACRAMENT SAFETY

WHAT NOT TO MIX

The church honors these sacraments. Nobody here is judging you. We just want every member home safe.

DO NOT MIX

Opioids + Benzos
heroin, fentanyl, pills, methadone / Xanax, Valium, Klonopin
Both slow your breathing. Together they can stop it.

Opioids + Alcohol
heroin, fentanyl, pills
Overdose risk jumps. Breathing slows.

GHB + Alcohol
Can be fatal, even hours apart.

GHB + Opioids or Benzos
Can be fatal.

Alcohol + Benzos
Can quickly become fatal. Do not sleep it off alone.

Ketamine + Alcohol, Benzos or GHB
Blackouts, vomiting, passing out, choking.

5 MeO DMT + MAOIs
ayahuasca, some antidepressants
Serious reactions, including death.

Poppers + Viagra
Blood pressure crash. Can cause shock.

LSD or Mushrooms + Lithium
Seizures were common in people's reports.

USE CAUTION

Cocaine + Alcohol
Makes cocaethylene, harder on the heart.

Cocaine or Meth + More stimulants
or hard exercise
Overheating, irregular heartbeat.

MDMA + Heat, nonstop dancing, other stimulants
Overheating. Sip water, do not chug it.

MDMA + 5 HTP or SSRIs
Serotonin syndrome risk; SSRIs can go badly.

Nitrous + Standing up or no fresh air
Falls and oxygen loss. Sit down.

DOWNERS + DOWNERS = THE DEADLIEST MIXES.
Alcohol, opioids, benzos, GHB and ketamine all slow the body down.

TEST IT. FENTANYL GETS INTO OTHER DRUGS.
Even a sacrament can be cut. Test kits and info: dancesafe.org

NEVER ALONE. KEEP NARCAN NEARBY.
Have a sober guide. Narcan reverses opioid overdoses, no prescription needed.

WON'T WAKE UP, BARELY BREATHING, BLUE LIPS? CALL 911.
Stay with them. Most states have Good Samaritan laws for people who call.

NOT ON THIS CHART DOES NOT MEAN SAFE.
Scan for TripSit's full combination checker, or visit dancesafe.org.

TripSit checker

Sources

Made by Claude for kwm59.io, Nov 2026. Not medical advice. Free to print. kwm59.io/churchreservations