

OVERDOSE AWARENESS -

Avoidance of Overdose

Most overdoses take place when a street drug is stronger than usual; or when drugs are mixed- for example taking heroin with another drug with a “downer” effect such as alcohol, sleeping tablets / tranquillisers (“benzo’s) or methadone; or when someone, after a time in rehab, prison or detox has a much reduced tolerance.

The effect of sedative drugs is to slow breathing.

People can literally stop breathing.

Points to remember:

Always be cautious when using new batches of street drugs (strengths can go up as well as down). Take a test dose.

Don't mix drugs and alcohol.

Never use on your own.

Always call an ambulance if someone goes over.

WELSH OVERDOSE AWARENESS DAY DECEMBER 13TH



OVERDOSE AWARENESS -

Try not to Panic!

Lie the person on the floor

Put in the recovery position-

make sure they can't roll forwards or backwards

Don't leave them alone.

Even if they are breathing they will need someone to keep regular checks on them, as they could stop breathing or roll onto their backs and choke on their own vomit.

CALL AN AMBULANCE

Tell the Paramedics what has been taken (if you know), this is important to enable them to give the most appropriate



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