

# STOP D's

# AVOID THE RISKS OF OVERDOSE

**TOLERANCE:** Many people who overdose have just come out of jail, custody or detox. Be especially careful if you haven't used for a while: not only has your tolerance gone down, the strength of the gear may have risen. Do a little less, or a test to find out how strong it is.

**STRENGTH:** There is no quality control with illegal drugs. Basically, you don't really know what you're getting. Street drugs vary in purity from day to day. Try to buy from a regular source that you trust, and ask about its strength and what it's like.

**MIXING DRUGS:** Avoid mixing drugs that have the same effects, such as heroin with other depressants (like alcohol) or cocaine with other stimulants (like speed and ecstasy). Heroin and alcohol and/or downers are a particularly deadly combination. The more alcohol and/or downers you have in your system, the less heroin you need to overdose. Alcohol also affects your judgement, which can lead to mistakes in dosing.

**INJECTING:** Heroin injectors are about 14 times more likely to die than non-injectors. People who inject heroin are much more likely to overdose than people who smoke it.

**DON'T USE ALONE:** Although not necessarily a cause of overdose, using alone increases the chance of fatally overdosing because there is no one there to call for help or take care of you if you go out.

## SWANSEA DRUGS PROJECT

8 CALVERT TERRACE, SWANSEA

01792 472002

Registered Charity No. 517326

## WGCADA

40 ST JAMES' CRESCENT

SWANSEA 01792 472519

Registered Charity No. 1087685

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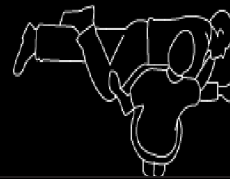
## RESPONDING TO O.D.

Not all overdoses result in death. If you are with somebody and they have overdosed - you could help save their lives.

**DON'T PANIC** Put them in the recovery position.

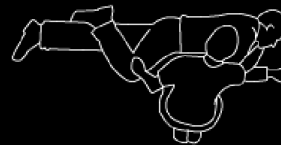
**DIAL 999** and ask for an ambulance. Stay with them until the ambulance arrives.

**If you're with someone when they overdose, stay calm, put them in the recovery position, ring 999 and ask for an ambulance. THE RECOVERY POSITION SAVES LIVES.**



Open the person's airway by tilting their head back and lifting their chin. Straighten their legs.

Put the arm nearest to you at right angles to their body.



Pull the arm furthest from you across their chest. Put the back of their hand against the cheek, which is nearest to you. Get hold of their far leg, just above the knee, and pull it up, keeping the foot flat on the ground.



Keep their hand pressed against their cheek. Pull on their upper leg to roll them towards you, and onto their side. Tilt their head back to make sure they can breathe easily. Make sure that both the hip and the knee of their upper leg are bent at right angles.

**NEVER WASTE TIME • CALL AN AMBULANCE  
YOU COULD SAVE SOMEBODYS LIFE**