

OVERDOSE



HOW TO COPE IN A CRISIS

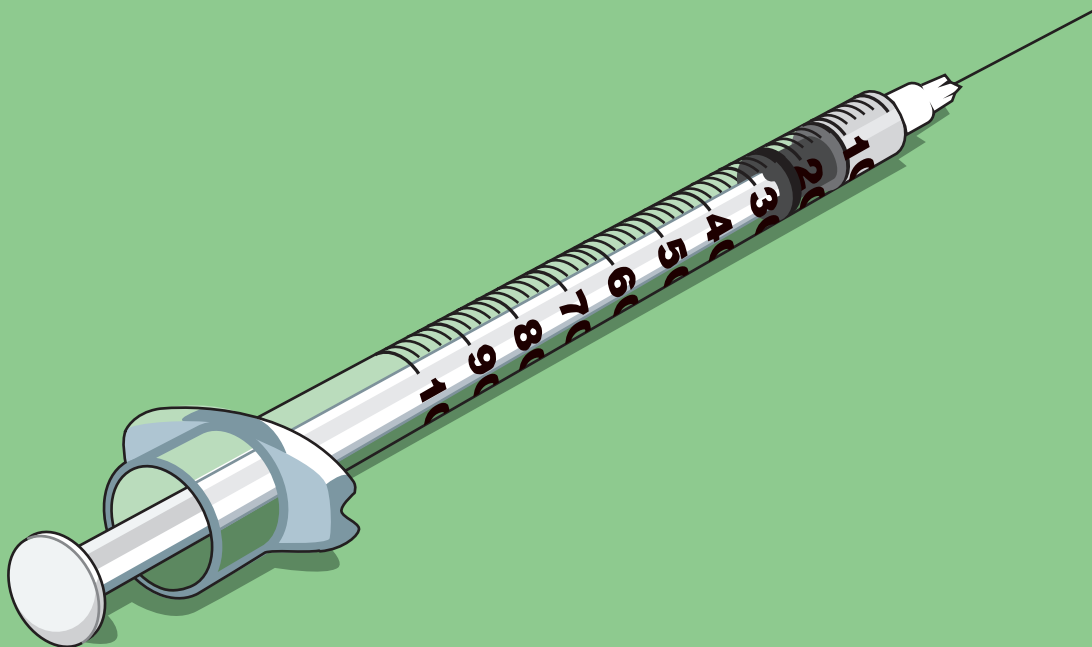
do's &
don'ts



calling
999

recovery

for injecting drug users



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OVERDOSE

Quick Guide



Deaths from heroin overdose are preventable if you get help quickly. This leaflet shows you what to look out for and what to do in an emergency



Phone an Ambulance Straight away



Check Their Breathing



Put Them in the Recovery Position and Stay With Them

Warning Signs



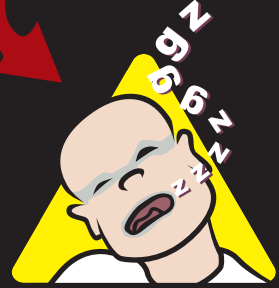
WHAT TO DO



**They look asleep
or unconscious**



**Their face or lips
look pale or blue**



**They are having
trouble breathing**

1



**If you think someone may
have gone over call their
name. If they don't wake-up,
poke them in the chest**

2



**If they don't respond, dial
999 RIGHT AWAY and ask
for an ambulance**

3



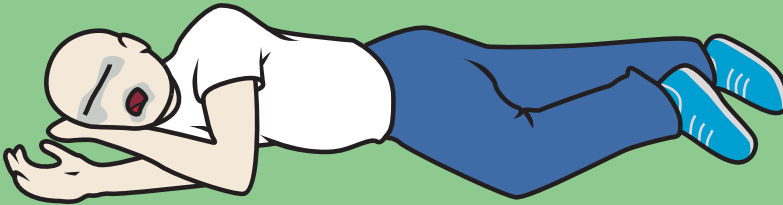
Tell the operator someone is unconscious and having trouble breathing. Give an accurate address

4



Make sure there is nothing stuck down their throat (like false teeth or vomit). If they stop breathing give mouth-to-mouth if you know how

5



Put the victim **ON THEIR SIDE** in the recovery position

6

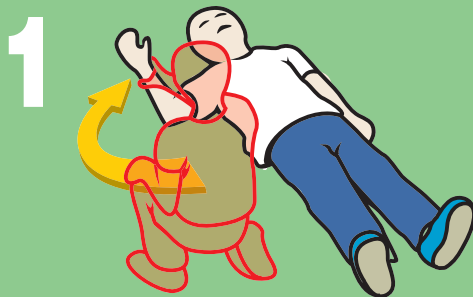
Stay with the victim until the ambulance arrives. If you know, tell the paramedic exactly what the person has taken





RECOVERY

Q: How do I put someone in the recovery position?



Put the right hand by the head (as if they were waving)



Put the left arm across the chest, so that the back of the hand rests against the cheek



Hold the hand in place and lift up the left knee



Turn the victim on their side by pushing down on the knee



CALLING '999'

Q: Will I get into trouble if I call an ambulance?



NO

In Greater Manchester and other areas of the country, the ambulance service **WON'T CALL THE POLICE** unless there is a death, a child at risk or the paramedics are threatened with violence

Q: What should I say?



If somebody overdoses it is very important to call an ambulance **STRAIGHT AWAY**. Tell the operator that someone is unconscious and having trouble breathing — there's no need to mention drugs at this stage. Give an accurate address and **STAY WITH THE PERSON** until the paramedics arrive.

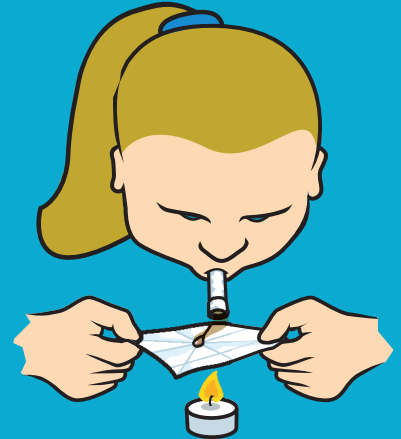


OVERDOSE PREVENTION



Go Easy After a Break

Heroin tolerance drops rapidly during a break in use. You are 34 times more likely to go over in the first 2 weeks after a prison sentence. What would have been a mild hit 2 months ago might be enough to kill you today. If you haven't used heroin for some time it's better to **SMOKE** the drug. If you are determined to inject, use the same amount you used on your very first time



Don't Mix Your Drugs

Mixing heroin with any other drug (especially depressants like alcohol, methadone and benzos) increases the risk of overdose

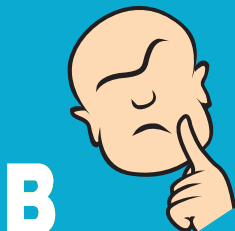
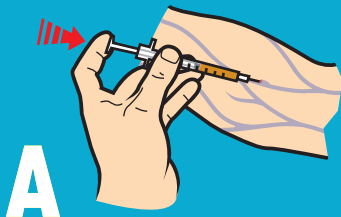


VENTION

3

Taste the Hit

Inject a little of the drug and 'taste' the effects before emptying the rest of the barrel



4

Make a Pact

Never inject on your own. Talk to the people you inject with about what you would do if one of you were to overdose. Make sure everybody knows what to do in an emergency and make a pact to help each other if something goes wrong





DON'T...



DON'T inject them with anything or give them anything to eat or drink. It won't help and it might kill them



DON'T drag them outside or leave them in a phone box. Until the ambulance arrives their life is in your hands



DON'T splash them with cold water or put them in a bath. They may go into shock or drown



Opiate overdoses can be fatal unless you do the right thing and look after your mates



AT THE HOSPITAL

If you are unconscious because of a heroin overdose, either the paramedics or the A&E department at the hospital may give you a drug called NARCAN



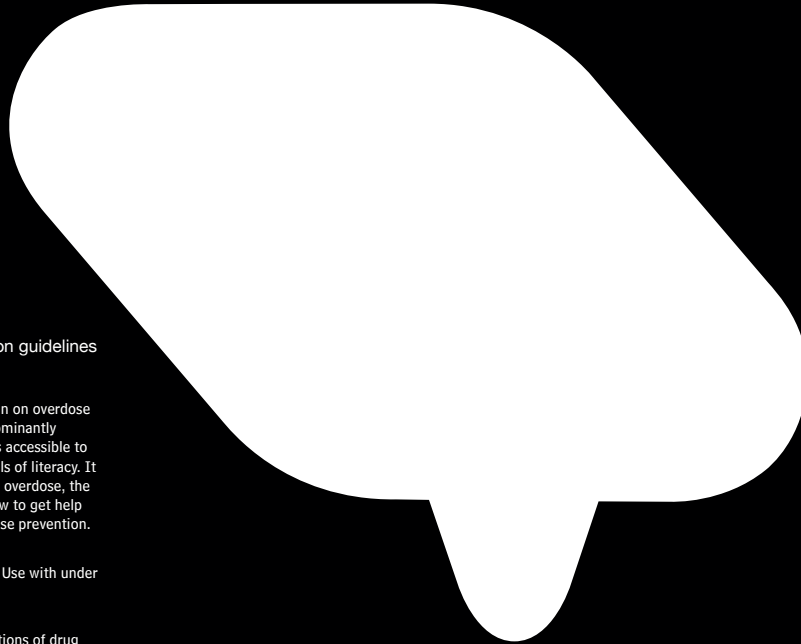
NARCAN sends you into a rapid withdrawal. Whilst this saves your life, you will wake-up rattling. If you are lucky, they may give you something to cope with this

The hospital will **NOT** call the police unless you kick off. They will ask for your name and address to check your medical records. If you are under 16 they will call your parents or social services



DON'T run off to score straight away. NARCAN wears off after a couple of hours which means you could overdose once more, especially if you use again. Stay in the hospital until they say it's safe to go

For Further Information



[D6] **lifeline | publication guidelines**

[>] **aims**
To provide information on overdose prevention in a predominantly graphic format that is accessible to those with lower levels of literacy. It includes: recognising overdose, the recovery position, how to get help and advice on overdose prevention.

[>] **audience**
Injecting drug users. Use with under 16's with support.

[v] **content**
No swearing. Illustrations of drug use.

[£] **funding**
Self-financed.

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