

OVERDOSE AWARENESS

STIMULANTS:

Amphetamines (including crystal meth), cocaine, MDMA (Ecstasy), Ritalin and caffeine are all stimulants.

YOU HAVE THE POWER TO SAVE A LIFE!

Know the Risks

Mixing substances



... dangerous mixing of effects

Recreational or one-time use



... illicit or unknown contents & inexperience

Other health conditions



... particularly heart & liver conditions

Tolerance, prolonged use or binging



... real or perceived changes in tolerance; excessive use

Know the Signs

Anxiety
Paranoia
Confusion
Panicking
Hallucinations
Extremely agitated



Psychological Distress

Physical Distress

Chest pain
Stroke
Racing pulse
Short of breath
Overheated



Sweating
Shaking
Seizing
Vomiting
Paralyzed
In and out of consciousness

Know the Response

Stay calm.

Call for help.

Stay with the person.

Keep person comfortable, conscious, hydrated and calm.



Medical emergency if person:

- has jerking or rigid limbs

- is losing consciousness

OR

- has severe headaches, sweating, agitation

Call 911.

OVERDOSES HAPPEN (often)

so

Use safely.

Plan what to do when things go wrong.

Call for help before its too late!

Dial
9-1-1
for ALL
emergencies



Healthlink BC
Dial 8-1-1
BC Drug & Poison Info
Centre
Dial 1-800-567-8911

Developed by the BC Harm Reduction Program: www.towardtheheart.com

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