



A joint project of the THS Alcohol & Drug Service and the Drug Education Network

[www.everybodys.business](http://www.everybodys.business)

[www.overdoseday.com](http://www.overdoseday.com)

Family Drug Support.....1300 368 186

24 Hour Drug Information.....1800 250 015

Alcohol + Drug Service (freecall).....1300 139 641

### Information and Support:

# Save a life.

## Read inside to help someone in the case of overdose.

### The risk of overdose is reduced if you:

Always have a friend with you when using

Avoid mixing drugs together (especially alcohol with benzos/opiates)

Take your time: Use carefully and slowly

Halve your hit if you've had a few days' break

# What to do if you think someone has overdosed

**Keep them calm.** If unconscious, **lay them on their side** and **tilt their head back** to keep airway open.

**Use Narcan/Naloxone if available.** Narcan is used for opioid overdoses. Follow the label instructions closely.

**Dial 000.** You only need to tell the operator where you are, if the person is conscious and if they are breathing.

**Stay with the person** until help arrives.

**Use first aid** and life support as needed.

**If you are worried an overdose is happening, call 000.**

## Some signs of overdose:

Unconsciousness or being passed out

Not responding to sounds or touch

Irregular, slow breathing

Snoring or gurgling sounds

Pale or blue skin, lips, or fingertips

Floppy arms or legs

Being disoriented or confused

Seizures or fits