

# SAVE A LIFE

carry this card at all times

## The RISK of overdose is reduced if you ...

- Always have a friend with you
- Avoid mixing drugs together especially alcohol and benzos/opiates
- Take your time – use slowly
- Halve your hit when you have not used for a few days

<b>Alcohol and Drug Service</b> (local call) .....	1300 139 641
<b>Australian Drug Information Service</b> .....	1800 811 994
<b>Drug Education Network</b> .....	1300 369 319
<b>Family Drug Support</b> .....	1300 368 186

[www.overdoseday.org](http://www.overdoseday.org)  
[www.den.org.au](http://www.den.org.au)

A joint project DHHS Alcohol & Drug Service  
with Drug Education Network Inc.



If you even think an overdose is happening,  
don't delay call an ambulance (Triple Zero) 000

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If you are concerned a person has **OVERDOSED** ...

- 1 Keep them calm, and if unconscious lay them on their side
- 2 Dial 000 for an ambulance  
You are only required to tell the operator:
  - If the person is unconscious or conscious
  - Breathing or not breathing
- 3 Stay with the person until help arrives
- 4 Use basic life support

## Some **SIGNS** of overdose

Any of the list may be a sign of overdose ...

- unconscious / passed out
- pale or blue skin, lips or fingertips
- not responding
- floppy arms or legs
- irregular, slow breathing
- disoriented or confused
- snoring or gurgling sounds
- seizure

*Don't ignore a person you think is sleeping*

If you are worried an overdose is happening,  
call an ambulance (Triple Zero) 000