

# Take a picture Save a life

Keep a copy of this poster on your phone to help someone in case of overdose.

## It's time to call for help if you notice:

Extreme agitation, paranoia or confusion; Chest Pain;  
Severe Headache; Trouble Breathing; Seizure;  
Unconsciousness; Snoring or Gurgling

## If you think someone has overdosed:

**Awake:** Keep them calm.

**Unconscious:** Lay them on their side and tilt their head back. Make sure their airway is clear.

**Use Narcan/Naloxone** if you have it.

**Dial 000 or find a First Aid tent.** Tell them where you are, if the person is awake, and if they are breathing. You won't get in trouble for seeking help.

**Stay with the person** until help arrives. Follow any instructions from 000 or the first aid worker.

For more overdose information, visit:

**[www.overdoseday.com/overdose-basics](http://www.overdoseday.com/overdose-basics)**



**Drug Education Network Inc.**

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