what does overdosing **feel** like?

**UP**
- Your heart is pounding fast
- You are breathing fast and you may feel short of breath
- Your body feels hot, sweaty, shaky
- You may have pain in your chest
- You can't walk or talk

If at all possible, call for help.

**DOWN**
- You can't stay awake
- You have no energy or strength
- You can't walk or talk

Try to stay awake & call for help.

what does overdosing **look** like?

**UP**
- Fast pulse or no pulse
- Fast breathing or no breathing
- Skin hot, sweaty, red
- Confused, hallucinating or unconscious
- Unable to talk
- Vomiting
- Seizing

**DOWN**
- Slow pulse or no pulse
- Slow breathing or no breathing
- Skin pale, cold, blue
- Unable to wake up or to talk
- Pupils are pinned
- Vomiting
- Body limp

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**o.d. {overdose} crashing**

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**what to do in case of o.d.**

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*other brochures in the harm reduction learning series*
- crack (rock) cocaine
- safer injection information for drug users
- vein care
- coping with triggers
- common infections from injection drug use
- the safer fix

The Harm Reduction Learning Series is a joint project of the Dr. Peter Centre, Vancouver Coastal Health, and the phs. Supported in part by an unrestricted educational grant from Abbott Laboratories.
what to do in case of an o.d.

1. Do not leave the person who has OD'ed. Shout for help.
2. Stay calm.
3. Try to wake them up by "shaking and shouting" like this:
   - Shake them by their shoulders and talk to them.
   - Squeeze their earlobes.
   - Try to get them to open their eyes.
4. Try to get them to talk to you.
5. Check their breathing:
   - Are they breathing?
6. Are they taking a breath every once and a while?
7. If they are not breathing, you need to breathe for them until help arrives.
8. If they are breathing only every once in a while, turn them on their side. Shake them to keep them awake. Tell them to keep breathing.

preventing o.d.

- Never use alone. Use with a buddy or in a supervised injection site.
- Know your dealer
- Know what drugs you are using
- Don't mix your drugs... especially with alcohol
- Prepare your own drugs
- Taste your drugs
- Know what an OD looks like

Before you use:

1. Know where the closest phone is.
2. Know where you are (what hotel, park, street, etc.)
3. Take an OD prevention program

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