OVERDOSE AWARENESS

YOU HAVE THE POWER TO SAVE A LIFE!

Know The Risks

- Mixing substances: causes dangerous mixed effects
- Binge Drinking: drinking lots in a short time
- Other health condition: some illnesses & medications can increase risk
- Tolerance: varies based on age, gender, size & metabolism

Know The Signs

<table>
<thead>
<tr>
<th>Breathing</th>
<th>Consciousness</th>
<th>Physical</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow or irregular breathing</td>
<td>Confused</td>
<td>Pale or turning blue</td>
</tr>
<tr>
<td>Unusual snoring</td>
<td>Uncoordinated</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Gurgling breath</td>
<td>Unconscious</td>
<td>Seizing</td>
</tr>
<tr>
<td></td>
<td>Unresponsive</td>
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</tbody>
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Know the Response

Place person in recovery position as shown below.

OVERDOSES HAPPEN (often)

- Stay calm.
- Call for help.
- Ensure person is breathing.
- Stay with the person until help arrives.

Call for help before its too late!

- 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