OVERDOSE AWARENESS

STIMULANTS:
Amphetamines (including crystal meth), cocaine, MDMA (Ecstasy). Ritalin and caffeine are all stimulants.

YOU HAVE THE POWER TO SAVE A LIFE!

Know the Risks

- Mixing substances
  - ... dangerous mixing of effects
- Recreational or one-time use
  - ... illicit or unknown contents & experience
- Other health conditions
  - ... particularly heart & liver conditions
- Tolerance, prolonged use or binging
  - ... real or perceived changes in tolerance; excessive use

Know the Signs

Anxiety
Paranoia
Confusion
Panicking
Hallucinations
Extremely agitated

Psychological Distress

Physical Distress

- Chest pain
- Stroke
- Racing pulse
- Short of breath
- Overheated

Know the Response

Stay calm.
Call for help.
Stay with the person.
Keep person comfortable, conscious, hydrated and calm.

Medical emergency if person:
- has jerking or rigid limbs
- is losing consciousness
OR
- has severe headache, sweating, agitation
Call 911.

OVERDOSES HAPPEN (often)

Use safely.
Plan what to do when things go wrong.

Call for help before it's too late!

Dial 9-1-1 for ALL emergencies

Healthlink BC
Dial 8-1-1

BC Drug & Poison Info Centre
Dial 1-800-567-6311

Developed by the BC Harm Reduction Program: www.towardsheart.com