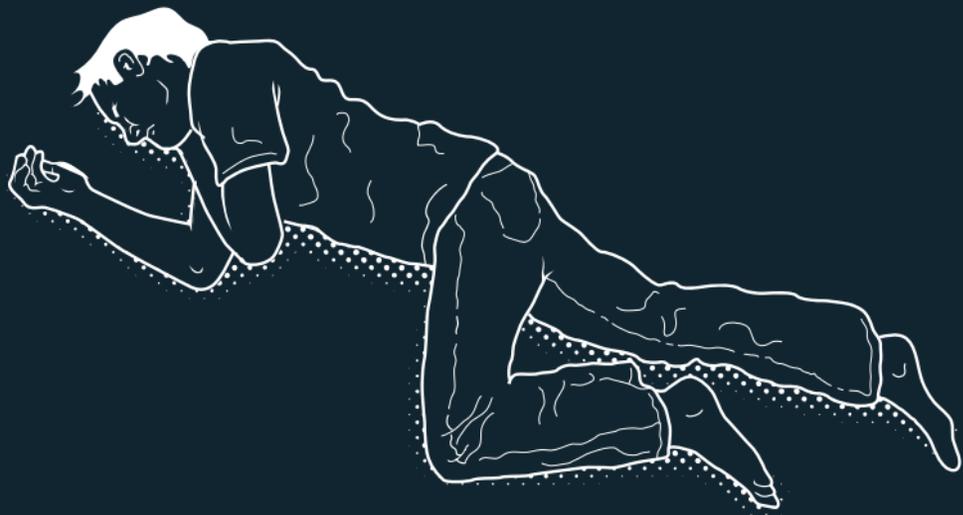


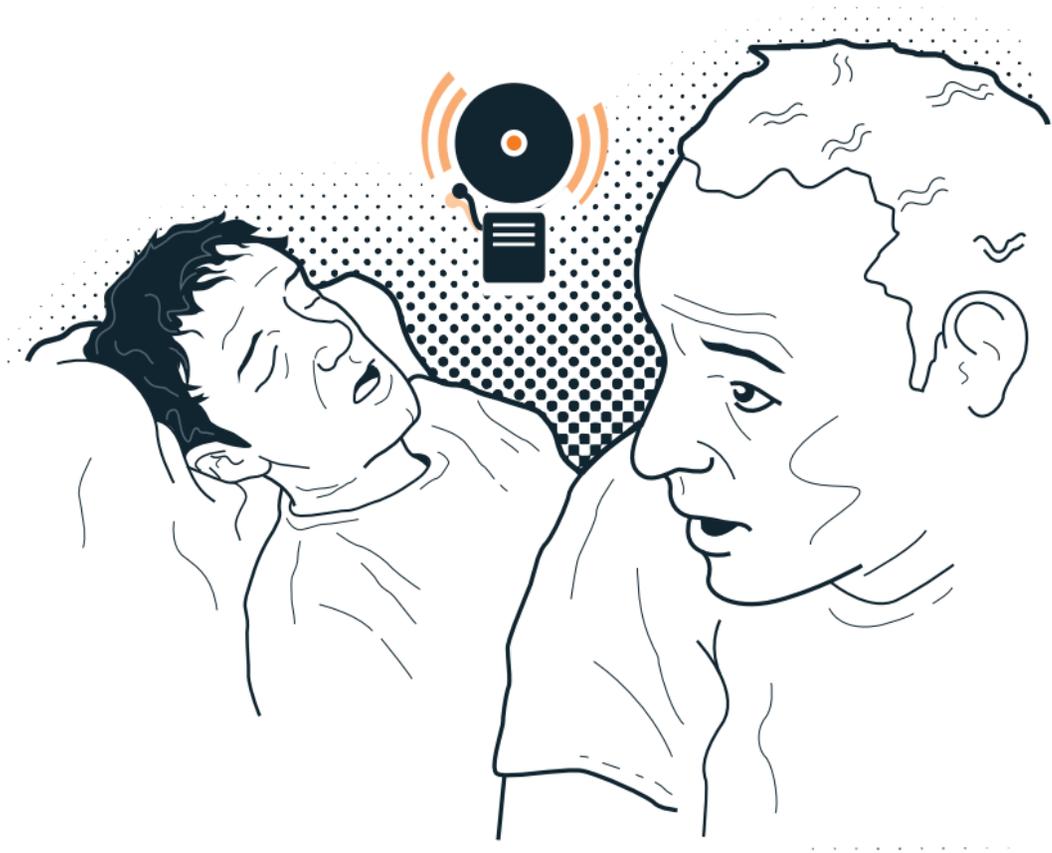
OVERDOSE

WHAT TO DO





If you act quickly and do the right thing, deaths from overdose can be prevented. This leaflet helps explain what to do.





Watch out for the signs

Pale or bluish skin and snoring or difficulty with breathing can mean someone has gone over.



Tap them on the shoulders and gently shake.
If they do not respond you need to take action.



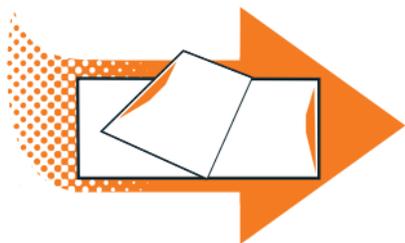
Open their airway so that they can breathe.
Carefully tilt their head backwards and lift their chin.



Look, listen and feel to see if they are breathing.



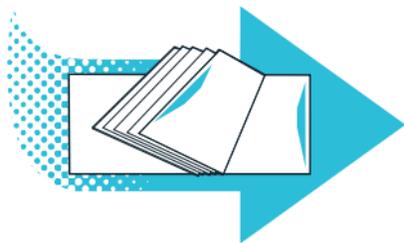
If they have stopped breathing they need CPR and an ambulance right away.



TURN TO ORANGE PAGES



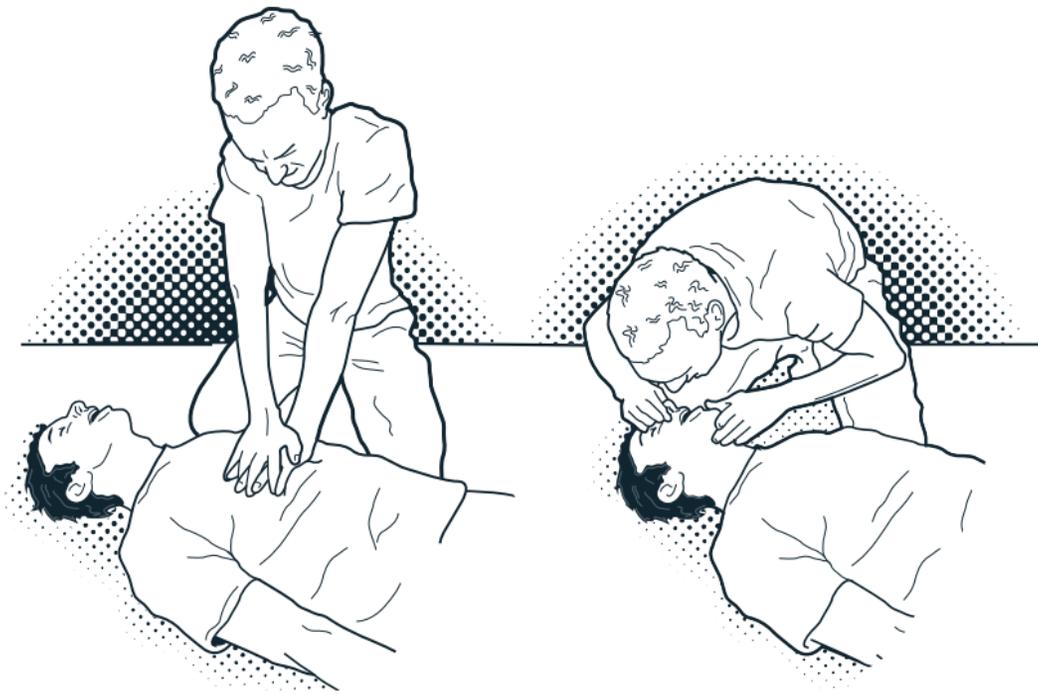
If they are breathing but unconscious they need an ambulance and the recovery position.



TURN TO BLUE PAGES



Don't panic. Call 999 for an ambulance right away. Tell them someone has stopped breathing.

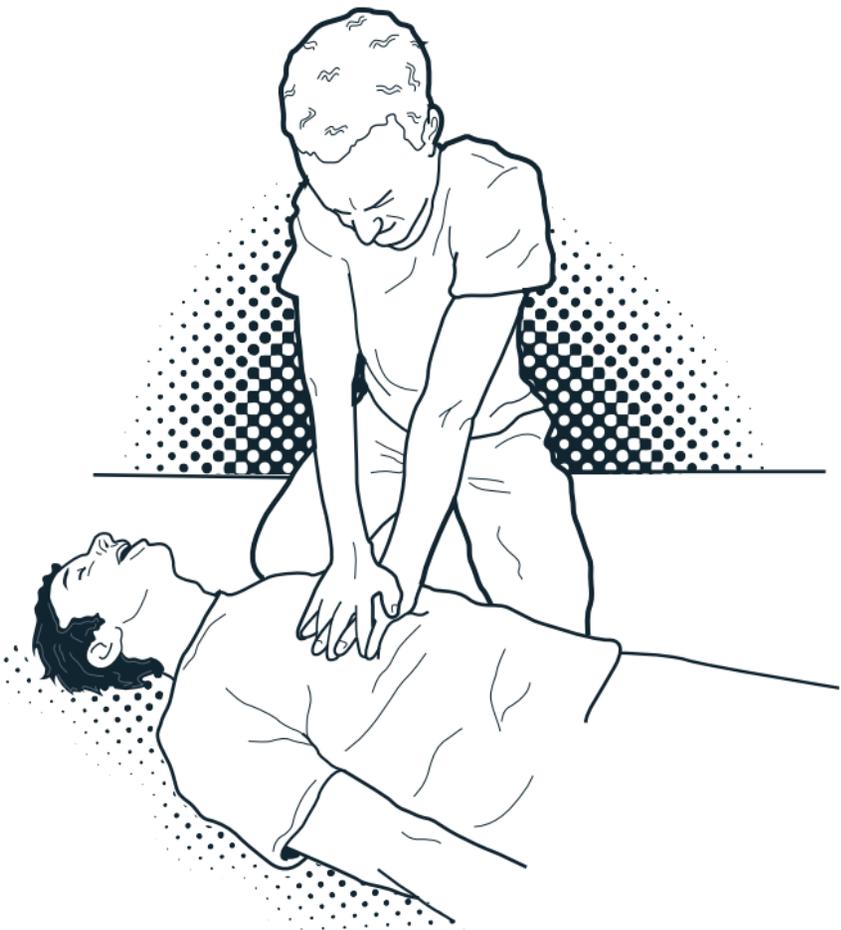


Chest compressions and rescue breaths (CPR) can keep them alive until help arrives.

30
COMPRESSIONS



Give 30 short, firm compressions in the centre of the chest. Push down 5 or 6 cm (2 inches). Chest compressions are the most important part of CPR.



2 BREATHS



After 30 compressions, give 2 rescue breaths. Hold their nose, blow steadily into their mouth then release the nose. If you cannot give rescue breaths or are not sure what to do, just continue to give chest compressions.

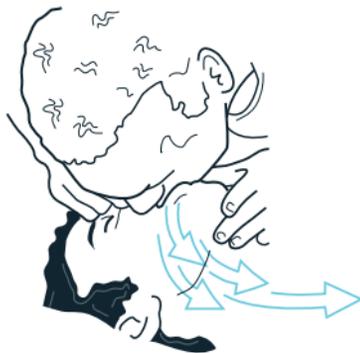


**IF YOU CANNOT GIVE RESCUE BREATHS
JUST GIVE CHEST COMPRESSIONS**

30
COMPRESSIONS



2
BREATHS

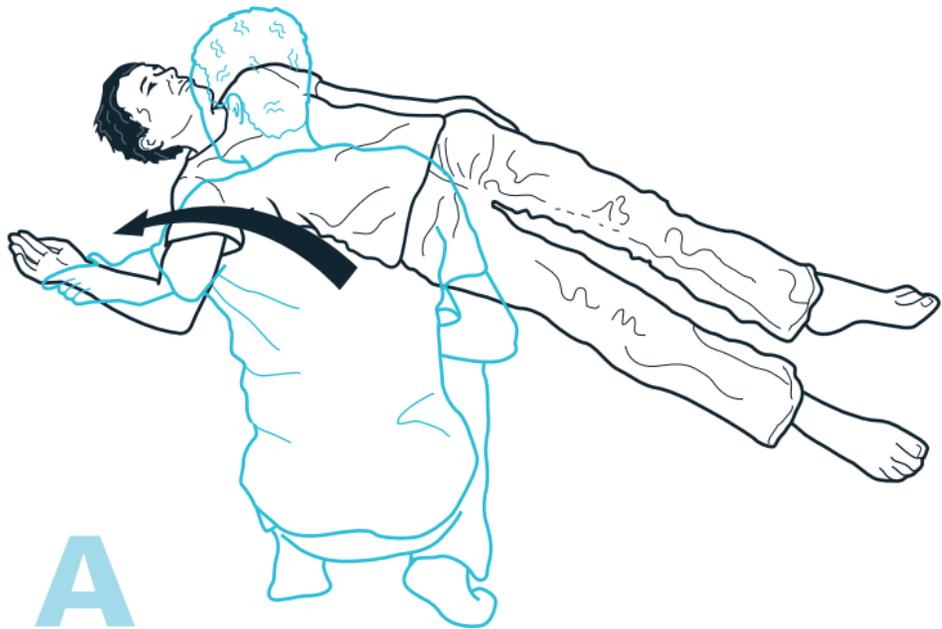


Keep giving 30 compressions then 2 breaths until the ambulance arrives or the person recovers.





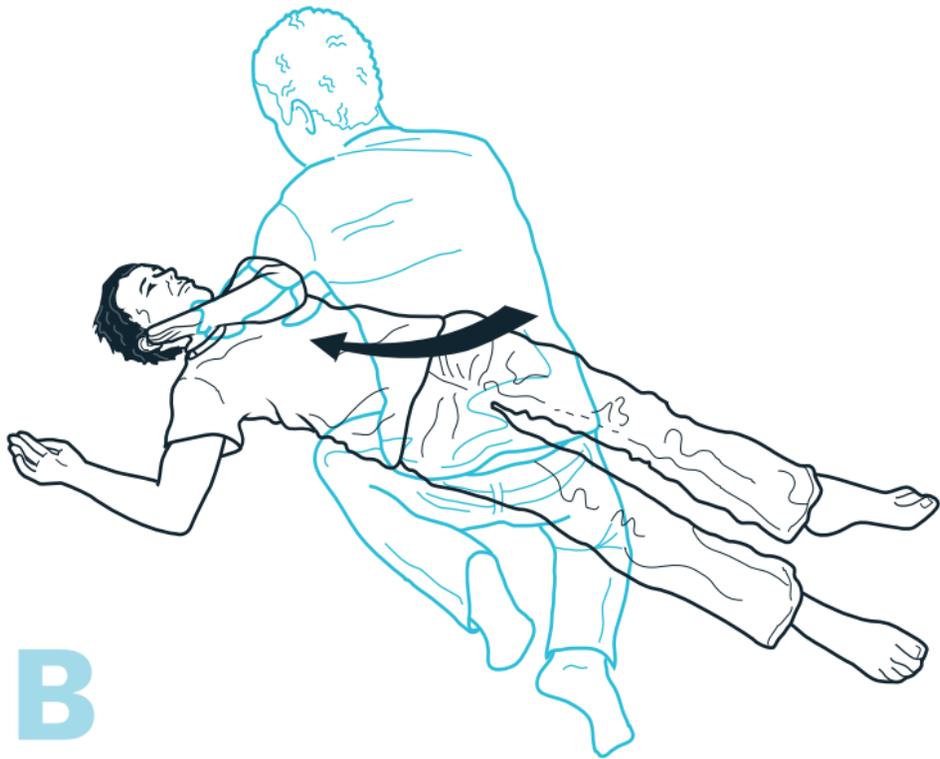
If someone is unconscious but still breathing
call 999 for an ambulance.



A

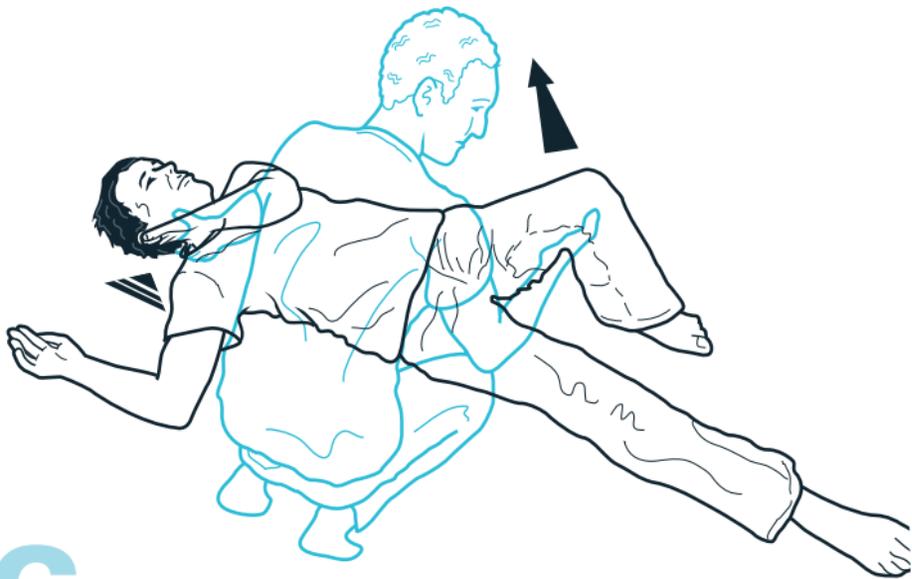
Put them in the recovery position. Start by placing their arm as if they are waving.

3



B

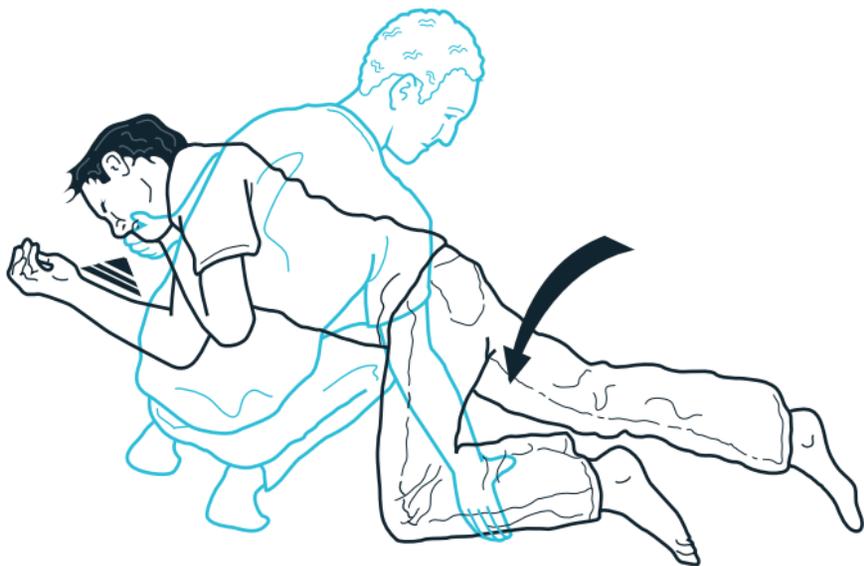
Place the other arm across their chest and hold their hand against their cheek.



C

Lift up the knee that is furthest from you.
Continue to hold their hand in place.

5



D

Turn them on their side by pulling the knee towards you and down.



Check that they are still breathing. If they wake up don't give them anything to eat or drink.



**If you leave them alone they may die.
Stay until the ambulance arrives.**

REMEMBER

- ✓ Call 999
- ✓ If they are still breathing use the recovery position
- ✓ Start CPR if they stop breathing
- ✓ Stay until help arrives

DO NOT

- ✘ Leave them alone**
- ✘ Give them more drugs.**
- ✘ Give them food or drink**



PREVENT OVERDOSE



Taste the hit & inject slowly

Inject a little and then wait before slowly emptying the barrel.



Smoke first

After a break or if you are trying a new batch try smoking a little first.



Look after your friends

People who use after a break or who are depressed are most at risk

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Print date 08/2016

[>] aims
To provide information on overdose prevention in a predominantly graphic format that is accessible to those with lower levels of literacy.

[>] audience
Injecting drug users. Use with under 16s with support.

[v] content
No swearing. Illustrations of drug use.

[£] funding
Self-financed.



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