

RECOGNISING & RESPONDING

# ALCOHOL OVERDOSE

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## SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

## HOW TO RESPOND

- Check for danger
- Call for an ambulance and stay on the line
- Stay with them
- Keep them warm
- If they are unconscious, put them in the recovery position and check that they are breathing (don't leave them on their back)
- If they are awake, try to keep them in a sitting position and awake
- Give CPR if they stop breathing before ambulance arrives

TIME TO  
REMEMBER.  
TIME TO  
ACT.



International Overdose  
Awareness Day  
prevention and remembrance

31 AUGUST

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INTERNATIONAL  
OVERDOSE  
AWARENESS DAY