

RECOGNISING & RESPONDING

DEPRESSANT OVERDOSE

SIGNS OF OVERDOSE

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue /grey fingernails or lips
- Shallow or erratic breathing, or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Monitor the person and give CPR if they stop breathing
- Loosen tight clothing
- If the person is unconscious or wants to lie down, put them in the recovery position
- Provide paramedics with as much information as possible regarding what substances the person has taken

TIME TO
REMEMBER.
TIME TO
ACT.



International Overdose
Awareness Day
prevention and remembrance

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY