RECOGNISING & RESPONDING

ALCOHOL OVERDOSE

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

31 AUGUST
INTERNATIONAL OVERDOSE AWARENESS DAY