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.

31 AUGUST
INTERNATIONAL
OVERDOSE
AWARENESS DAY