STIMULANT OVERDOSE

RECOGNISING & RESPONDING

SIGNS OF OVERDOSE

• Hot, flushed or sweaty skin
• Headaches
• Chest pain
• Unsteadiness
• Rigid muscles, tremors or spasms
• Uncontrolled movements or seizures
• Difficulty breathing
• Psychotic symptoms in individuals with no prior mental illness
• Severe agitation or panic
• Altered mental state, such as confusion or disorientation

HOW TO RESPOND

• Check for danger
• Call an ambulance and stay on the line
• Reassure the person and make sure they are comfortable
• If overheating, try to loosen outer clothing, or put a wet towel on the back of their neck or under their underarms
• Check for a response
• Put person into recovery position and monitor

TIME TO REMEMBER. TIME TO ACT. — INTERNATIONAL OVERDOSE AWARENESS DAY