

RECOGNISING & RESPONDING

# DEPRESSANT OVERDOSE

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## 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

A Penington Institute Initiative

31 AUGUST

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INTERNATIONAL  
OVERDOSE  
AWARENESS DAY