



**IF SOMEONE
OVERDOSES
DON'T ASSUME
THEY'LL
COME ROUND**

Don't panic, put them in the recovery position

Dial 999 and ask for an ambulance

Stay with them until the ambulance arrives

If you don't

THEY MAY DIE

Watch out for overdose risks

- Mixing drugs
- Mixing drugs and alcohol
- Using heroin and methadone when tolerance is low
- particularly after a detox or break in use
- Injecting heroin and other tranquillising drugs

Watch out for signs of an overdose

- Deep snoring
- Unwakeable
- Turning blue
- Not breathing

**Stay with people who may have taken too many drugs
but are not yet showing signs of overdose.**

If they are sleeping lie them on their side in the recovery position and keep checking them. Many people have died several hours after taking an overdose.

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