

OVERDOSE GUIDE

Always remember to call 000 in case of an emergency

IF EVER IN DOUBT CALL TRIPLE ZERO (000)

REMEMBER TO REMAIN CALM AND STATE CLEARLY THE EMERGENCY

If you are faced with an situation where a friend or stranger has overdosed on drugs or alcohol, follow the guidelines below. Remember to assess the situation quickly! Seconds can count and you may save a life!

NOT Moving & NOT Breathing

- Check for life signs
- Call 000 immediately
- Stay with them at all times
- Monitor for life signs

- Commence CPR
- Do not stop till paramedics & an ambulance arrive
- If revived, monitor them again till paramedics arrive

NOT Moving but IS Breathing

- Call 000 immediately
- Roll them into the recovery position

- Stay with them at all times
- Monitor for any change to life signs

Moving & Breathing

- Call 000 immediately
- Help them remain calm
- If they fall asleep or pass out roll them into the recovery position

- Stay with them at all times
- Monitor for any change to life signs

REMEMBER THAT...

- Possible side effects of an alcohol or drug overdose include: vomiting, passing out, hallucinations, violent behaviour etc.
- If at any point the casualty faints, falls asleep or passes out roll them into the recovery position on their side
- Ambulance officers **DO NOT** tell police that you or your friend have been taking drugs or drinking alcohol!
- Please remember that you have **NOTHING** to be afraid of by calling paramedics! By doing so you will probably save your friends life

WAIT FOR PARAMEDICS TO ARRIVE