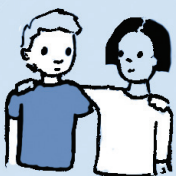


DOWNS

TIPS FOR PREVENTING OVERDOSES FROM

Safety Tips:

- Try not to use alone.
- Know your tolerance.
Use less or do a test blast first,
especially if you're buying from a new dealer.
- Try to mix your hits yourself so you know what
you are using.
- Try not to mix substances.
- Remember to call 911 right away if someone needs
help and give naloxone if you have it.



HIV and Hep C Prevention Tips:

- If you snort drugs, use your own straw or bumper.
- If you smoke drugs, avoid sharing your pipe.
If you do share a pipe, use your own mouth piece.
- If you inject drugs, avoid sharing any equipment
including syringes, filters, cookers, acidifiers,
alcohol swabs, tourniquets and water.
Try to use new equipment each time.



Illustrator: Mariel Kelly

Disclaimer: Information in this pamphlet is not medical advice. The opinions in this brochure may not be the views of CTCHC, CATIE, their partners or funders. Information on safer drug use is not meant to promote the use or possession of illegal drugs.

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Downers slow down your body and your mental and physical alertness. They make you more relaxed.

An overdose happens when there are more drugs in the body than it can handle.

Signs of Overdose: Downers

(Heroin, Fentanyl, Morphine, Dilaudid, Methadone, etc.)



trouble walking
or talking



won't wake up



difficulty breathing,
gurgling sounds, or
unusual snoring



cold, clammy skin



grey, purple or blue
lips or nails



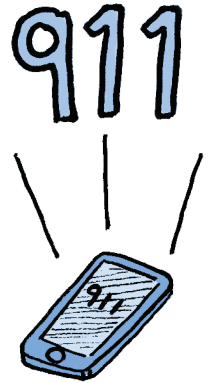
tiny pupils

Someone who is overdosing may not have all of these signs, they may only have one or two.

Stay with the person and keep checking on them. If paramedics are called, give them as much information as possible so they can give the right treatment. If you can't stay, leave a note about the drug the person took and make sure the ambulance can reach them (for example, make sure doors are unlocked).

What to do:

- **Call 911** right away if the person is not breathing or unresponsive (won't wake up). One of the most common signs of overdose is slow or no breathing.

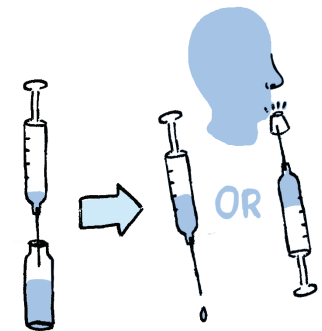


- Shout their name.
- Pinch the back of their arm or run your knuckles along their chest bone (sternum) to try and wake them.
- Give them naloxone (if you have it).
- Get someone with training to give CPR if needed.

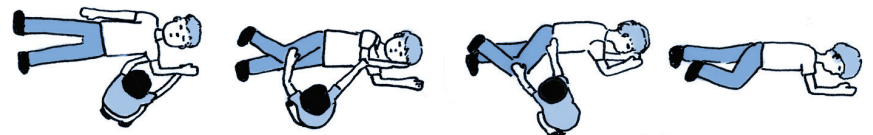
If it's not working, give a second dose of naloxone; continue with chest compressions until paramedics arrive. Chest compressions are important.



Chest compressions & rescue breathing (CPR)



Give them naloxone



Recovery position