

Heroin / Fentanyl / Other Opioids / Prescription pills

e.g. Oxy, Vicodin, Demerol

It is possible to overdose with heroin, fentanyl, and other opioid drugs whether you are snorting, injecting or taking them in pill form – this risk increases drastically if mixing with alcohol and other drugs.

Signs of overdose / emergency

- awake, but unable to talk
- body is limp
- shallow or slow breathing
- skin pale / ashen or clammy
- loss of consciousness

What to do

- Administer naloxone if you have it and know how.
- Note that fentanyl and other synthetic opioids may be mixed into heroin, cocaine, and other street pills without the user's knowledge. Fentanyl may require more than one administration of naloxone to work.
- Seek medical help, even if naloxone was administered.

Harm Reduction Strategies

- Carry naloxone; have it in plain view when using
- Try a small amount of your dose first to check effect
- Use with someone else and take turns

Cannabis (a.k.a Marijuana)

With the rise of oils and edibles, people may ingest more than they intend to and experience uncomfortable highs which sometimes have serious physical effects.

Signs of overdose / emergency

- feelings of paranoia or anxiety
- shortness of breath
- shaking that is hard to control
- feeling cold
- nausea / vomiting

What to do

- Make sure the person is in a place that feels safe to them and knows they are not in physical danger.
- If the event has a peer counseling service, consider bringing the person to that area. If it does not, you can bring them to the medical tent.
- Seek medical help, especially if the person has trouble breathing or symptoms last more than 1-2 hours.

Harm Reduction Strategies

- Sample a small amount of product to check effect
- Practice relaxation techniques
- Use in a safe space with friends

Help Save a Life!

Recognize the signs of an overdose or other drug-related medical emergency

We are
the Drug
Policy
Alliance.

#SaferPartying campaign
drugpolicy.org/musicfan

Alcohol

It is possible to die from drinking too much. Age, drinking experience, gender, the amount of food eaten, even ethnicity can all influence how much is too much. Cold showers, coffee and walking do not reverse alcohol intoxication.

Signs of overdose / emergency

- difficulty staying awake
 - vomiting / seizures
 - clammy skin
 - low body temperature
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What to do

- Seek medical help immediately if someone is experiencing these symptoms. Do not let them “sleep it off.”
 - If the person is unconscious, lay them on their side so they don’t choke if they vomit.
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Harm Reduction Strategies

- Avoid drinking on an empty stomach
- Incorporate non-alcoholic beverages
- Understand standard drink amounts and track your drinks

Cocaine / Meth / Other Stimulants

e.g. “Bath Salts” (Synthetic Cathinones)

Excessive stimulant drug use leads to strain on the heart and risk of overdose. Existing heart conditions, hot environments or strenuous physical activity (e.g. dancing) further increases this risk.

Signs of overdose / emergency

- chest pains
 - rapidly beating heart
 - high body temperature
 - extreme anxiety or confusion
 - heart attack, stroke or seizure
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What to do

- Seek medical help, especially if the person is experiencing acute chest pain.
 - If the person is having a seizure, make sure to move objects away from them that could cause injury.
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Harm Reduction Strategies

- Lie down and/ or find a calm, quiet place to relax
- Bring only what you need, to prevent overdoing it
- Stay hydrated

MDMA (a.k.a Molly or Ecstasy)

Excessive MDMA use can cause fainting, panic attacks, and sometimes loss of consciousness and seizures. Especially when combined with strenuous physical activity (e.g. dancing), MDMA can also cause hyperthermia – a dangerous rise in one’s body temperature.

Signs of overdose / emergency

- faintness
 - inability to sweat
 - seizures
 - loss of consciousness
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What to do

- Seek medical help immediately.
 - If in a hot, crowded environment and the person is still conscious, move them to somewhere cooler and calm.
 - If the person is having a seizure, make sure to move objects away from them that could cause injury.
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Harm Reduction Strategies

- Stay hydrated – aim for one 8-oz. bottle of water per hour
- Maintain electrolyte levels with sports drinks
- Take regular breaks from dancing or physical exercise
- Stay cool – spend time in air conditioning or near fans