

# TIPS FOR PREVENTING OVERDOSES FROM UPPERS

## 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 get someone with training to do CPR if needed.

## 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

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**Uppers** or stimulants speed up the heart rate and breathing. They make you feel energetic and more alert.

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

### Signs of Overdose: Uppers

(Crystal meth, Cocaine, Ritalin, MDMA, etc.)



rapid breathing,  
and/or heartbeat



chest pains



won't wake up



seizures or convulsions



dizziness



muscle cramping



sweating, often with chills



dehydration



aggression, anxiety,  
paranoia



foaming at the mouth

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:

# 911

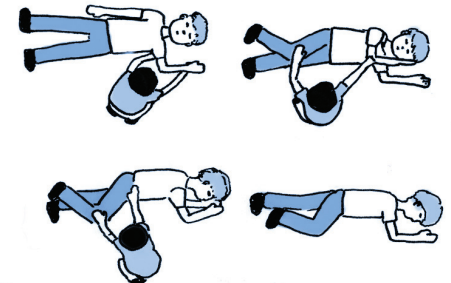


**Call 911 if** the person:

- is having seizures
  - has signs of a heart attack or pains in the chest
  - is not breathing (one of the most common signs of overdose is slow or no breathing)
  - is a risk to themselves or others
- Encouraging rest is very important but don't force or restrain the person; this can be dangerous. If the person can walk, move them to a quiet space. If they want to walk around, go with them.
  - Apply cool cloths to their neck and forehead, regularly check to make sure they are breathing and have a pulse.
  - If they are not breathing or there is no pulse, get someone with training to perform CPR.
  - If the person is having seizures (convulsions), clear a space so they don't hurt themselves or accidentally get something in their mouth. Keep the person in the recovery position and make sure their head is supported and their airways are clear.



**Chest compressions & rescue breathing (CPR)**



**Recovery position**