

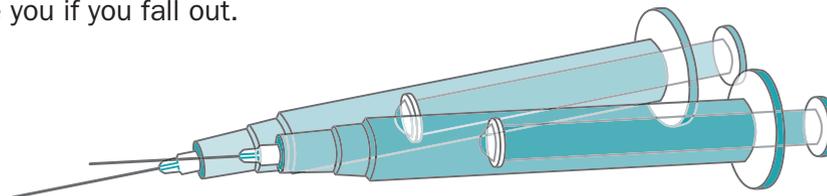
Be Alive Tomorrow

Facts on Opiate Overdose

STAY VISIBLE

Fix with a friend or shoot where someone might see you if you fall out.

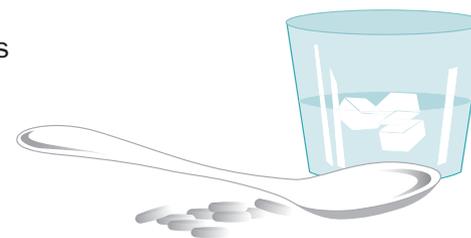
If you OD, can you be found?



WATCH YOUR MIX

Most ODs happen when you do a shot of heroin after drinking or taking pills (like benzos). **Don't shoot dope on top of pills, alcohol or methadone!**

Too much, too many, too soon = Overdose



HALVE YOUR HIT

Any break in your use - even for just a few days - causes your tolerance to drop. After jail, treatment, a hospital stay or your own break, you have to do less.

Cut that first hit in half.

1/2



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WHAT TO DO When someone ODr.....

WHAT TO DO

1. Try to wake them with a shake or pinch.
2. Remember A - B - C

Airway - is anything stuck in the mouth or throat?

Breathing - Breathe for them — 2 quick breaths every 5 seconds.

Call 911 - if they aren't awake or breathing.

3. Put them in the “recovery position” like this:



Stay there until help arrives.

Do NOT.....

- **DO NOT** put them in the shower or bath
- **DO NOT** inject them with salt, water, speed or coke
- **DO NOT** put ice cubes up the butt
- **DO NOT** give them coffee or alcohol

**These do not work
and
they waste time.**



911 and the cops.....

When you call 911:

1. Tell them where you are.
2. Say: “My friend is passed out and I can’t wake her up” or “My friend isn’t breathing.”

You don’t need to say anything about drugs on the phone.

Calling 911 doesn’t mean you’ll get arrested if the cops show up. Their first concern is to save your friend’s life. Just be smart:

- Get rid of any drugs or needles while you wait for help.
- If you have warrants or are on probation, ask someone else to stay.
- If you have to get out, put your friend where he can be seen and stay until you hear the sirens.

Remember

Once someone stops breathing, they can die within minutes.

Call 911 right away!