

What to do for an Overdose

- Call **911** right away
- Give **naloxone (Narcan)**
- Perform **rescue breaths** - a life-saving technique used when someone isn't breathing or isn't breathing normally
 - Tilt the head back slightly and lift the chin.
 - Make a tight seal by pinching/plugging the nose with one hand
 - Blow slowly and steadily into their mouth every 5 seconds, watching for the chest to rise
- If needed, and you are trained, after 2 breaths begin chest compressions for CPR.
 - 30 chest compressions for every 2 breaths given
- Stay with them until help arrives

Activities to avoid after using stimulants or opioids

- Using alone
- Driving or operating machinery
- Swimming or bathing alone
- Climbing, jumping or high-risk physical activities
- Making important decisions
- Ignoring hydration and nutrition
- Mixing substances

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Overdose vs. Overamping

Harm Reduction Technical Assistance Center

HRTAC

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Overdosing vs. Overamping

It is important to know the difference and to know how to respond to each.

Overdose

What is an overdose (OD)?

Overdose happens when a substance overwhelms the body and slows or stops breathing. This is most common with **opioids**, but can happen with stimulants if they are **mixed with opioids**.

Signs and Symptoms

- Slow, shallow, or no breathing
- Blue or gray lips and fingertips
- Won't wake up (unresponsive)
- Choking, gurgling, or snoring sounds
- Pinpoint pupils



Overamping

What is overamping?

Overamping happens when someone has too much of a stimulant (meth, cocaine, crack, etc.) in their body. **It is not the same as an opioid overdose**, but it can still be dangerous and sometimes life-threatening.

Signs and Symptoms

- Fast heart rate, chest pain
- Overheating and sweating
- Shaking, muscle twitching
- Headache or dizziness
- Nausea or vomiting
- Anxiety, panicking, paranoia, agitation or irritability
- Hallucinations

What to do for Overamping

- Stay calm and slow things down
- Move to a cool, quiet space
- Sip water or electrolyte drinks
- Try to rest, even if you can't sleep
- Breathe slowly - in through the nose, out through the mouth
- Avoid using more to "fix" the feeling
- Have someone you trust stay with you

If you experience the following, seek medical attention:

- Chest pain
- Trouble breathing
- Seizure
- High fever/very hot skin
- Person becomes unresponsive