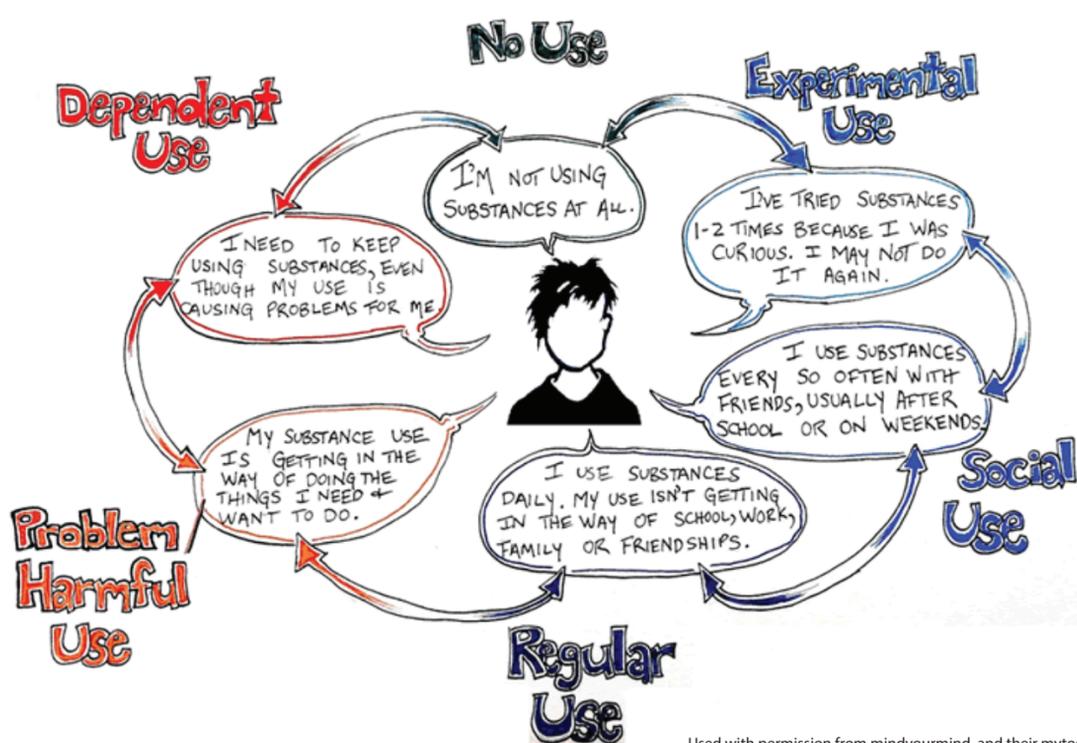


# DRUG overdoses

## what you need to know TO KEEP YOU & YOUR FRIENDS SAFE

Lots of people are talking about drug overdoses these days because more and more people in BC are having them, including some young people. An overdose happens when someone takes too much of a drug, and it slows or stops their heart or breathing. **AN OVERDOSE CAN KILL SOMEONE.** A lot of overdoses are being caused by a drug called fentanyl. *Very small amounts can cause an overdose*, and often the person doesn't even know it is in the drug they are taking.

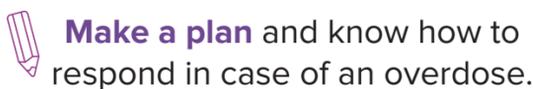
**Drug overdoses usually happen by accident** because someone takes too much or mixes different kinds of drugs or alcohol together. There are many reasons why people use drugs – they may be curious, or they feel like it makes them feel better, or they may be addicted.



## FACTS ABOUT FENTANYL

- Fentanyl is an opioid drug from the same family as morphine or heroin.
- A very small amount can cause an overdose.
- It is sold as other drugs or mixed in with other drugs usually in tablets or powders.
- Drug dealers don't know if fentanyl is in the drugs they are selling.
- You can't see it, smell it or taste it. But it could cause an overdose.

## IF YOU ARE GOING TO USE...



## SIGNS OF A DRUG OVERDOSE\*

Learn how to spot an overdose and what to do.



**Cannot be woken up** or not moving



**Discolouration** of lips and nails



**Breathing** slow or absent



**Choking** or coughing, gurgling, or snoring sounds



**Pupils** extremely small



**Cold** or clammy skin



**Dizziness** and disorientation

**CALL 911 IMMEDIATELY!**

\* Information prepared by Fraser Health Authority

## SAVING A LIFE

Responding to an overdose:

- Call 911 right away if you think someone is overdosing
- If you are in doubt, call anyway (you will not get in trouble for calling)
- Give breaths until help arrives
- The medication *naloxone* (*Narcan*) can reverse the effects of an overdose
- Free naloxone kits and training is available at the Anne Vogel Clinic in Richmond

**?** Do you have questions about drugs or drug use?

If you use drugs or are thinking about using drugs, the best thing you can do is to talk to an adult that you trust. It could be a teacher, counsellor, coach, or your parents. They care about you and want to help.