Using drugs can be dangerous & lead to an overdose (OD). Overdoses can slow or stop your heart & breathing.

The number of ODs has been rising across BC, including across the Lower Mainland. People don’t plan to OD. Many ODs are from drugs called fentanyl & carfentanil which can be mixed in to any pill or powder like heroin, morphine, Oxys, cocaine, or crystal meth. **You can’t see, taste or smell it** and it only takes a small amount to cause an OD, like a few grains of sand.

Talk to an adult you trust. It could be a teacher, school nurse, counsellor, coach, police or a parent. **www.vch.ca/youthOD**

The safest option is to not use street drugs. But if you are going to use:

**Don’t use alone**, always have a sober friend nearby.

Start with a little bit to see how it affects you.

Mixing drugs with alcohol can increase the chance of overdose.

Make a plan & know how to respond in case someone overdoses (see reverse).
How to recognize an overdose & what to do

If you think someone is having an overdose: CALL 911 IMMEDIATELY!

Just a few seconds can make a big difference in saving someone’s life.

Anyone can call 911. Police will not arrest you for calling.

Wait with the person until help arrives.

- Discolouration of lips and nails
- Pupils extremely small
- Cold or clammy skin
- Breathing slow or absent
- Choking or coughing, gurgling, or snoring sounds
- Dizziness and disorientation
- Cannot be woken up or not moving

*Graphics for overdose signs courtesy of Fraser Health