

# Reduce your risk of a drug overdose

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



 **OVERDOSES CAN BE DEADLY**

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](http://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.



**Breathing**  
slow or absent



**Cannot be woken up**  
or not moving



**Discolouration**  
of lips and nails



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



**Cold**  
or clammy skin



**Pupils**  
extremely small



**Dizziness**  
and disorientation