# 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

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.

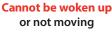


Wait with the person until help arrives.



**Breathing** slow or absent







**Choking** 

or coughing, gurgling,

Discolouration of lips and nails



Cold or clammy skin





Dizziness and disorientation

**Pupils** extremely small



