

Substance Misuse

Drug Overdose

Symptoms of overdose

- Slow breathing
- Small/pinpoint pupils
- Confusion
- Fatigued
- Dizziness
- Weakness
- Apathy
- Cold and clammy skin
- Nausea/vomiting
- Seizures



What to do if a friend is overdosing

- Anonymous call to 911 or to friend's parents if too scared to identify self.
- Try to get your friend to respond by calling out his/her name.
- Keep your friend awake and talking to you. Shake him/her if you have to in order to keep them awake. Otherwise, your friend can suffer brain damage, fall into a coma or even die. Do not leave your friend alone!

Overdose Can KILL you

- You can stop breathing
- Your heart can stop beating.
- You can choke to death on your own vomit.

Drug and Alcohol Treatment Infoline 1-800-565-8603

If you have any questions please e-mail: population.health@porcupinehu.on.ca