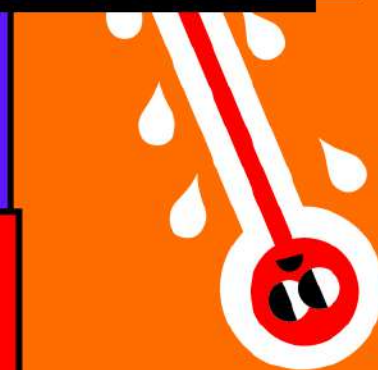
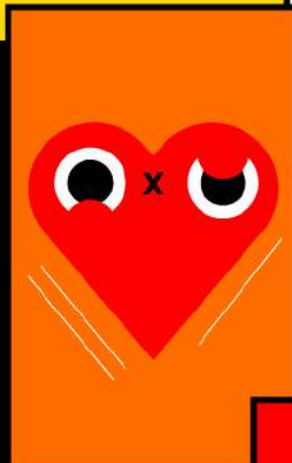


Knowing the Signs \* Knowing the Signs

**DRUG EMERGENCIES**



**DON'T BE AFRAID TO GET HELP**

#KNOWING THE SIGNS



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Knowing the Signs \* Knowing the



## OVERDOSE RISK

All drug use has risk. You are at greater risk of an overdose if:

- You stopped using and re-start: This can mean your tolerance changes
- There are high purity or new drugs in circulation: Testing kits may not identify new compounds, adulterants or the dose
- You take too much too soon
- You mix substances: including alcohol and prescription medication such as anti-depressants

**Start low, go slow / Avoid mixing  
Don't use alone / Care for friends**

#KNOWING THE SIGNS



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# Knowing the Signs \* Knowing the Signs

## IN CASE OF EMERGENCY

**If in doubt, get medical help! You won't get in trouble if you or a friend becomes unwell after taking drugs.**

- Don't leave someone to 'sleep it off', including with GHB 'going under'
- Don't be afraid to get help if someone is unwell or feels suicidal after using drugs, call 999/112 and be honest about what was taken
- Don't leave the person alone, stay with them and reassure them
- If not breathing, put the person in the recovery position
- Give the medics the substance that was taken, if available

**For more information go to [Drugs.ie/Knowingthesigns](https://www.drugs.ie/knowingthesigns)**



#KNOWING THE SIGNS

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**HE**

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**NO MATTER WHAT DRUG OR COMBINATIONS OF DRUGS  
HAVE BEEN TAKEN, LOOK OUT FOR THE BELOW SIGNS.**



#### **MENTAL HEALTH**

- Hallucinations/paranoia
- Confusion
- Anxiety /panic
- A change in behaviour
- Suicidal thoughts

#### **RESPONSIVENESS**

- Awake but unresponsive
- Appearing sleepy or 'nodding' off
- Unconscious



#### **PHYSICAL SIGNS**

- Blue/pale hands and lips
- Change in speech
- Dizziness
- Severe nausea and vomiting
- Fast beating heart
- Chest pains
- Difficulty breathing
- Seizures/fitting

#### **TEMPERATURE**

- A change in temperature – too hot or too cold
- Dehydration, overheating, warm, sweaty skin
- Shivering



**DO: IF THE PERSON IS OVERHEATING, REMOVE  
EXTRA ITEMS OF CLOTHES AND HELP THEM COOL DOWN**

**DON'T: GIVE EXCESSIVE AMOUNTS OF WATER - NO MORE THAN A PINT AN HOUR.  
TOO MUCH WATER CAN LEAD TO OVER HYDRATION WHICH CAN BE DANGEROUS.**

# Knowing the Signs \* Knowing the Signs

## IT'S SAFER NOT TO TAKE DRUGS AT ALL.

A drug overdose is when someone has had 'too much' of a substance. It is possible to have too much of any substance, including alcohol.

It can be hard to tell the dose or what is 'too much' when some drugs such as MDMA are increasing in purity, meaning greater overdose risks.

Signs and symptoms could be physical and mental.

**\*IN SEVERE CASES, A PERSON MAY FEEL SUICIDAL AFTER USING.**



All drug use has risk. You are at greater risk of an overdose if:

- You stopped using and re-start: This can mean your tolerance changes. Use less than normal.
- There are high purity or new drugs in circulation: Testing kits may not identify new compounds, adulterants or the dose
- You take too much too soon: Take a test dose and leave two hours
- You mix substances: Including alcohol and prescription medication such as anti-depressants

**Start low, go slow / Avoid mixing  
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## IN CASE OF EMERGENCY

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