



**IF SOMEONE  
OVERDOSES  
DON'T ASSUME  
THEY'LL  
COME ROUND**

**Don't panic, call 999 and ask for an ambulance**

**Give naloxone if you have it**

**Stay with them until the ambulance arrives**

**Factors that increase overdose risk**

- Mixing drugs including benzos, alcohol and pregabalin
- Using when tolerance is lowered, particularly after a detox or break in use
- Using alone
- Injecting

**Watch out for signs of an overdose**

- Deep snoring
- Unwakeable
- Blue or grey lips and fingernails
- Shallow or no breathing

**Stay with people who may have taken too many drugs but are not yet showing signs of overdose.**

If they are sleeping lie them on their side in the recovery position and keep checking them.

**Always call an ambulance if you think someone has overdosed**