

## RECOGNISING & RESPONDING

# STIMULANT OVERDOSE

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### SIGNS OF OVERDOSE

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing
- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

### HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Reassure the person and make sure they are comfortable
- If overheating, try to loosen outer clothing, or put a wet towel on the back of their neck or under their underarms
- Check for a response
- Put person into recovery position and monitor

TIME TO  
REMEMBER.  
TIME TO ACT.



International Overdose  
Awareness Day

prevention and remembrance

A Penington Institute Initiative

31 AUGUST

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INTERNATIONAL  
OVERDOSE  
AWARENESS DAY