

DRUG & ALCOHOL OVERDOSE

NOT Moving but **IS** Breathing

Turn them over onto their side

Continually check they are Breathing



Delay could be DEADLY!

NOT Moving & **NOT** Breathing

Try to get a response

Start CPR
Do 30 compressions on their chest

Tilt their head and give 2 breaths



Look out for your mates
Don't let anyone be alone

Keep going
Don't stop
30 Compressions then 2 breaths

CALL THE AMBULANCE ON 000

Remember.....

Ambulance officers DO NOT tell the police that you or your friends have taken drugs



You have NOTHING to fear by calling the paramedics for help, and you may SAVE a friend's life