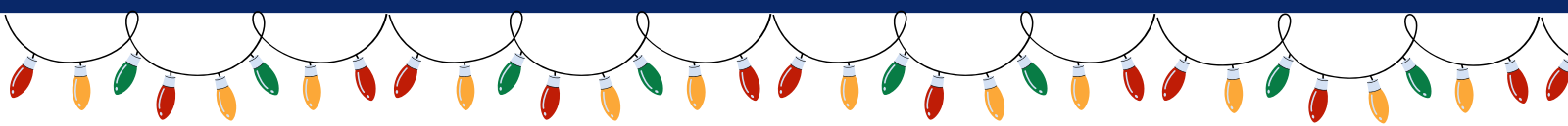


Alcohol and Drug Snapshot

December 2024



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Taking drugs is never without risk and you don't need them to have a good time however if you choose to use drugs please be aware that some drugs are not always as you think they may be. It can be difficult to tell exactly what is in a drug just by looking at it. Please bear in mind the following points for safer use.

- **Don't use drugs alone, have someone around who can help in an emergency**
- **Dose low to test the effects**
- **Go slow wait a couple of hours before taking more**
- **Do not mix drugs**
- **Do not binge or take to excess**
- **Know the signs of an overdose and how to respond**
- **Call 999 and ask for an ambulance in an emergency**

What to do in an emergency

If someone feels unwell, or if you see any of the following symptoms take action and get the person medical help as soon as possible.

Keep calm – provide reassurance and never leave anyone alone.

Call for help – call 999. Never hesitate to get help if you need it.

Be honest – about what has been taken, how much and when. You won't get into trouble for being under the influence of drugs and it could save someone's life.

Overheating – high body temperature, hot to touch. Take them somewhere cool, remove outer clothing, help cool them using fans or wet towels and giving them small sips of water.

Unconsciousness – not responding, can't be woken. Place them in the recovery position (or on their side) and monitor breathing.

Mental Health – lost touch with reality, hallucinations or paranoia. Sit with them somewhere calm where they feel comfortable and give reassurance. Use a low voice tone, avoid sudden movements or touch and encourage them to breathe deeply or engage them in simple conversation to help distract them from feeling anxious.

Seizures – fitting, rigid, frothing at the mouth. Keep area safe, move anything that could hurt them and don't restrain them.

Order Naloxone in time for Christmas

Get a naloxone kit, carry it and know how to use it.

Naloxone is a drug that can reverse the effects of opioid drugs like heroin, methadone, opium, codeine, morphine and buprenorphine. It is only effective for opioid overdoses and won't work with any other drug. Although naloxone works on opioids, as most drug related deaths involve poly drug use, the use of naloxone will do no harm and may increase the chances of survival until medical help can be sourced.



Further Information



Know the score is a website that provides information and support on drugs.



Crew have developed a drugs A-Z to find out more about drugs and helpful harm reduction information.