

# DRUG & ALCOHOL OVERDOSE

**NOT** Moving but **IS** Breathing

Turn them over onto their side

Continually check they are Breathing

**NOT** Moving & **NOT** Breathing

Try to get a response

Start CPR  
Do 30 compressions on their chest

Tilt their head and give two breaths

Look out for your mates

Don't let anyone be alone



**Delay could be DEADLY!**

**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



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