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DRUG EMERGENCY

+ TIPS TO KEEP YOU SAFE





RED CROSS NUMBER 140

DRUGS AFFECT EVERYONE DIFFERENTLY. SOMETIMES PEOPLE TAKE TOO MUCH OR SUFFER A BAD REACTION. IN THAT EXPERIENCE:



* IF SOMEONE GETS TENSE AND PANICS

This can occur with Cannabis, LSD, Magic Mushrooms, Speed (Amphetamines, Methamphetamines) and Ecstasy:

- **Calm** them and reassure them.
- **Explain** that the feelings will pass.
- **Take them** away from crowds, noisy music and bright lights.
- **If they're hyperventilating** (over-breathing) encourage them to relax, and take long, slow, deep breaths.



* IF SOMEONE GETS REALLY DROWSY

This is a risk with Tranquilizers, Heroin, Alcohol and Solvents.

- **Call** an ambulance immediately.
- **Keep them** awake.
- **Do not shake them** hard especially if they have been using glue or other solvents.
- **Place them** in the recovery position and do not stop talking to them.
- **Never give coffee to rouse them.** This can make the drug work even faster.



* IF SOMEONE GETS TOO HOT AND DEHYDRATES

This can occur with Ecstasy and Speed (Amphetamines, Methamphetamines).

- **Move them** to a cooler quiet area (outside is often best).
- **Remove** excess clothing and try to cool them down.
- **Encourage them** to sip non-alcoholic fluids like water and juices.
- **Over-hydration** could also be potentially fatal for ecstasy users, keep in mind that they shouldn't drink more than a half a liter of water every hour.
- **If symptoms persist call an ambulance,** but make sure someone stays with them until help arrives.



*** IF SOMEONE TREMBLES AND/OR VOMITS, OR LOSES CONSCIOUSNESS**

This is dangerous for someone on Heroin, Tranquillizers, Alcohol, or Solvents. It is also dangerous for people who experience a bad reaction to Cannabis and Ecstasy, as well as individuals on ecstasy who exert themselves (e.g. dancing) and don't keep up their fluid intake.

- Call an ambulance.
- Place them in the recovery position.
- Check their breathing and be prepared to do mouth-to-mouth resuscitation.
- Don't leave them alone.
- Keep them in a quiet, warm (but not too hot) place.
- Try to find out what they've taken.
- If they're slipping in and out of consciousness, don't attempt to give them fluids as they can easily choke.

WHAT NOT TO DO

- **DO NOT LEAVE** the person alone.
- **DO NOT LEAVE** the person lying on their back for too long.
- **DO NOT TRY** to make the person eat or drink.
- **DO NOT TRY** to talk some sense into the person under the influence of drugs and do not expect them to act reasonably.
- **DO NOT GIVE** the person a cold bath.

ACCORDING TO LEBANESE LAW:

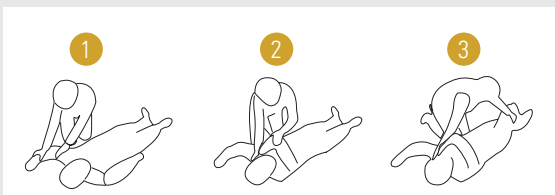
MEMBERS OF THE MEDICAL STAFF IN HOSPITALS ARE REQUIRED TO CALL THE POLICE IN CASE OF AN OVERDOSE. If you are worried, take your friend to the hospital and leave immediately or call an ambulance and just say "I cannot wake my friend up". You do not need to mention a drug overdose.



REMEMBER!

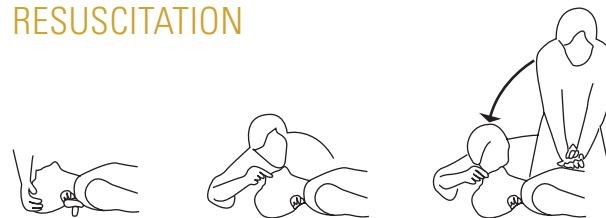
A PERSON'S LIFE MAY DEPEND ON WHETHER THEY ARE TAKEN TO THE HOSPITAL OR NOT.

THE RECOVERY POSITION



- 1 PLACE THE ARM** nearest to you at right angles to their body.
- 2 PULL THE ARM** furthest from you across their chest, putting the back of their hand against their cheek.
- 3 HOLD THE LEG** furthest from you above the knee and move it upward across their leg, ensuring that the hip and knee are bent at right angles.
- 4 TILT THEIR HEAD** back to ensure they can breathe easily.

EMERGENCY RESUSCITATION



IF SOMEONE'S HEART HAS STOPPED AND THEY'VE STOPPED BREATHING, YOU NEED TO ACT FAST:

- **Ask** for help. Tell someone to call an ambulance.
- **Take** a deep breath and place your mouth over their mouth.
- **Quickly look** in their mouth for any foreign bodies or vomit.
- **Blow** into their mouth until their chest expands.
- **Turn them** onto their back.
- **Repeat** one more time.
- **Tilt** their head back and lift the chin slightly to open the airway.
- **Feel** the side of their neck or their wrist with your fingers for a pulse.
- **Close** their nostrils with your thumb and finger.

