

# DRUG & ALCOHOL OVERDOSE

Not Moving but  
**IS Breathing**



Delay  
could  
be  
DEADLY!

Turn  
them over onto  
their side

Continually  
check they are  
Breathing

**CALL THE  
AMBULANCE ON  
000**

Remember.....

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



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

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