



ALCOHOL OVERDOSE

KNOW THE RISKS!

Signs and Symptoms

- Difficulty speaking and understanding words
- Confusion
- Difficulty staying awake
- Vomiting
- Seizures
- Troubled or irregular breathing
- Slow heart rate
- Cold clammy skin
- Blue or grey skin, nails, and lips



Polysubstance use involves consuming more than one substance at the same time. Combining alcohol and another substance increases a person's chance of overdosing.

WHAT DO YOU DO?

- 1 Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 Do not play doctor.** Cold showers, hot coffee and walking do not reverse the effects of alcohol overdose.
- 3 Do not leave the intoxicated person alone.** Monitor until emergency help arrives.
- 4 Keep the person on the ground in a sitting or partially upright position.**
- 5 Place them in the recovery position if they are passed out.** Roll them onto one side with an ear toward the ground to prevent choking.

Waiting for medical help:

- Collect information on the type and amount of alcohol the person drank and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).



HOW TO STAY SAFER?

Not using alcohol is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **'Staying Safer'** tips on the **Alcohol Substance Snapshot**:

decyde.ca/substance-snapshots/substance-snapshots/#depressants





CANNABIS OVERDOSE

Examples: marijuana, edibles, hash, concentrates (dabs, oils), weed

“Greening out:” A term given to cannabis (“weed” or “pot”) overdose or poisoning (taking too much cannabis).

KNOW THE RISKS!

Signs and Symptoms

- Severe anxiety or panic attacks
- Extreme confusion, hallucinations, or paranoia
- Very fast heartbeat
- Increased blood pressure
- Extreme nausea or vomiting
- Pale, sweaty, or clammy skin
- Trouble staying awake or fainting



Polysubstance use involves consuming more than one substance at the same time. Combining cannabis and another substance increases a person’s chance of overdosing.

WHAT DO YOU DO?

- 1 **Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 **Find someone to help you.**
- 3 **Find a safe, quiet space and relax, preferably with a trusted person.** Stay with the person until they recover or emergency help arrives.
- 4 **Offer water to ensure they stay hydrated.**
- 5 **Help if the person is vomiting.** Have them lean forward to prevent choking. If the person is unconscious or lying down, roll them onto one side with an ear toward the ground to prevent choking.

Waiting for medical help:

- Collect information on the type and amount of cannabis the person took, and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).



HOW TO STAY SAFER?

Not using cannabis is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **‘Staying Safer’** tips on the **Cannabis Substance Snapshot**:
decyde.ca/substance-snapshots/#cannabinoids

CANNABIS
WHAT YOU NEED TO KNOW

What is it? Cannabis can be psychoactive. Cannabis is a complex plant that contains several components. The main chemicals are THC (psychoactive) and CBD (soothing). Cannabis can be stimulating, hallucinogenic, or cause drowsiness. It can be used for its psychoactive properties but also may be used for medical reasons (e.g., pain). Cannabis comes as a dried flower, concentrated oils, capsules, tablets, or mixed in food or drinks. For information on different types of cannabis, check out our website here.

How is it used?
Oral: Edibles (e.g., gummies, drinks, chocolates), Capsules, tablets, oils
Inhaled: Vape, smoke, dab

THC: The main psychoactive chemical in cannabis. It causes the “high”.
CBD: The non-intoxicating component that may have some calming effect.

Other names for cannabis: Weed, Pot, Marijuana, Kush, Herb, Mary Jane, Green, Hash, Dabs, Oils, Concentrates

What are the effects?
The effects of cannabis depend on many factors, like mood, food intake, the amount of THC, taking other drugs, and tolerance.
THC may make you more talkative. However, it can also cause panic and paranoia.
THC may cause senses to be felt differently, such as taste, touch, and hearing.
Cannabis may increase your appetite and make you feel sleepy. In rare cases, it can cause severe nausea and vomiting.
Regular use may lead to dependence and addiction. It may be hard to stop using cannabis, even if you know it’s negatively affecting you.
Regular cannabis use may worsen symptoms for individuals with mental health disorders or a family history of such conditions.

CANNABIS
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When do you seek emergency help?
“Greening out:” A term given to cannabis overdose or poisoning (taking too much cannabis).
Signs: Signs of taking too much cannabis include intense anxiety, panic, dizziness, intense nausea or vomiting. Additionally, some individuals may experience shortness of breath, rapid heartbeat, chest pain, or hallucinations.
Get help right away! Cannabis overdoses or poisonings can be very distressing and lead to serious injury.

Did you know?
Compared to legal cannabis, illegal cannabis is not quality controlled! The amount of CBD and THC is often incorrect or misleading.
There also may be other substances (e.g. ketamine, fentanyl) added.

How to stay safer?
If you still decide to use cannabis, consider these harm reduction strategies:
1. **Timing matters:** Avoid using before school, work or driving, as it impairs concentration and reaction time.
2. **Avoid synthetic:** Synthetic cannabis is unregulated and much more potent. It has a higher risk of dependence and dangerous side effects.
3. **Start low & go slow:** Try a small amount and wait to feel the full effects. Choose products with a lower amount of THC and an equal or higher amount of CBD.
4. **Moderate use:** Use in moderation to prevent brain fog and potential strain on relationships.
5. **Be mindful of inhalation:** Avoid inhaling smoke deeply or holding your breath. This can harm your lungs.
6. **Don't mix (Cross-Feeling):** Mixing cannabis with tobacco, alcohol, or other substances will increase impairment and the risk of serious health effects.
7. **Don't use alone:** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
8. **Choose legal:** Get cannabis from a licensed store. Illegal and synthetic cannabis products (e.g. K2, Spice) may contain other substances such as fentanyl that can cause serious health problems such as accidental overdose or poisoning.
Click here for a list of cannabis retailers in Newfoundland and Labrador.
Learn more about ways you can stay safe when using cannabis. **Cannabis laws: CANADA**
www.DECYDE.ca



NICOTINE OVERDOSE

Nicotine Overdose or Poisoning: Consuming a toxic level of nicotine can lead to overdose or poisoning, with the threshold varying

KNOW THE RISKS!

Signs and Symptoms

- Early signs include nausea, vomiting and a rapid heartbeat.
- Later signs include a slowed heartbeat, dizziness or passing out, and muscle weakness.
- Sweating
- Pale skin
- Heavy breathing
- Headaches
- Sometimes can cause seizures



Polysubstance use involves consuming more than one substance at the same time. Combining nicotine with other substances increases a person's chance of overdosing.

WHAT DO YOU DO?

- 1 **Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 **Do not play doctor.** Cold showers, hot coffee and walking do not reverse the effects of alcohol overdose.
- 3 **Do not leave the person alone.**
- 4 **Keep the person on the ground in a sitting or partially upright position.**
- 5 **Help if the person is vomiting.** Have them lean forward to prevent choking. If the person is unconscious or lying down, roll them onto one side with an ear toward the ground to prevent choking.

Waiting for medical help:

- Collect information on the type and amount of nicotine they used and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).

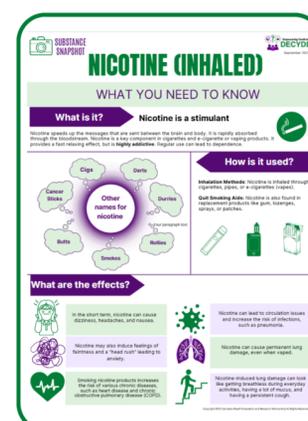


HOW TO STAY SAFER?

Not using nicotine is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **'Staying Safer'** tips on the **Nicotine Substance Snapshot**:

decyde.ca/substance-snapshots/#stimulants





OPIOID OVERDOSE

Examples: *Fentanyl, Heroin, Morphine, Codeine, Oxycodone*

KNOW THE RISKS!

Signs and Symptoms

- Slow, irregular, or no breathing
- Very small pupils
- Pale, bluish, or cold skin/lips/nails
- Unconscious or can't be woken up
- Gurgling or choking sounds
- Limp body
- Slow heartbeat or no pulse



Polysubstance use involves consuming more than one substance at the same time. Combining opioids with other substances increases a person's chance of overdosing.

WHAT DO YOU DO?

- 1 Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 Give the person naloxone.** This can temporarily reverse the effects of an opioid overdose.
- 3 Place the person in the recovery position**
- 4 Do not leave the person alone.** Stay with the person until emergency help arrives.
- 5 Monitor their breathing.** Re-administer naloxone every 2-3 minutes if needed.

Waiting for medical help:

- Collect information on the type and amount of opioids they used and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).



HOW TO STAY SAFER?

Not using opioids is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **'Staying Safer'** tips on the **Opioids Substance Snapshot**:
decyde.ca/substance-snapshots/#depressants

When do you seek emergency help?
Opioid overdose or poisoning: Taking more opioids than your body can handle. In high doses, opioids can slow or stop your breathing, leading to unconsciousness and death.
Signs: Difficulty waking, talking, or staying awake. Weak breathing, blue or gray lips and nails, and confusion.
This is an emergency! Call 911 right away and give naloxone if it is available.

Did you know?
Many substances can be used with opioids. This includes drugs like cocaine and methamphetamine (mets).
It is very hard to tell if a substance has an opioid mixed into it. This is why it is important to always have a naloxone kit on hand.

Naloxone Kits
Naloxone can save a life!
It's used to temporarily reverse the effects of opioids. Giving naloxone when someone doesn't need it won't harm them.
Check out our naloxone instructions: decyde.ca/naloxone

How to stay safer?
Not using opioids is the best way to stay safer and avoid harm.
If you still decide to use opioids, consider these harm reduction strategies:
1. Don't mix! Mixing opioids with substances, especially alcohol and benzodiazepines, can greatly increase your risk of an accidental overdose.
2. Plan for safety. Arrange a ride if you will be using an opioid. Bring condoms if sex is a possibility.
3. Optimize your pain management. Discussing other pain relief options with your doctor or pharmacist may allow you to reduce your daily dose of opioids. Having a lower dose of opioids reduces your risk of accidentally overdosing.
4. Moderate Use. Regular use affects your health and relationships. You can develop a dependence or substance use disorder.
5. Don't use alone. Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
6. Timing matters! Avoid using opioids if you have to go to work or school. Opioids can affect your attention.
SNAP provides free fentanyl test strips, which can be used to detect fentanyl in other substances.
To find out more, call or text 709-767-7927.

WHAT YOU NEED TO KNOW

What are they? Opioids are depressants
Opioids are a family of drugs that provide pain relief. Opioids may be synthetic (made in a lab) or natural (from the opium poppy plant).
In addition to pain relief, opioids may be used for relaxation and a sense of euphoria.

How are they used?
Opioids can be taken orally, dissolved under the tongue, snorted, smoked, or injected.
Common opioids include heroin, fentanyl, morphine, and codeine.

What are the effects?
Opioids slow down body processes, such as breathing and heart rate.
Injecting opioids can increase your risk of getting Hepatitis C and other serious infections, like heart infections.
The effect of opioids depend on your tolerance and the dose. Some opioids are stronger than others, or affect people differently.
Smoking opioids can permanently damage your lungs and make it hard to breathe. Snorting opioids can cause you to lose your sense of smell.
Opioids can cause drowsiness and confusion. You may feel dizzy and fall down.
Withdrawal from opioids can cause muscle aches, cold sweats, and irritability.



STIMULANTS OVERDOSE

Examples: Cocaine, Methamphetamine, MDMA (ecstasy), ADHD medications such as methylphenidate (in large doses), caffeine

KNOW THE RISKS!

Signs and Symptoms

- Fast or irregular heartbeat
- High body temperature (hot to the touch)
- Chest pain or trouble breathing
- Paranoia, panic, or hallucinations
- Uncontrolled movements or twitching
- Agitation or confusion
- Passing out or collapse
- Seizures
- Unconscious or unresponsiveness



Polysubstance use involves consuming more than one substance at the same time. Combining stimulants with other substances increases a person's chance of overdosing.

WHAT DO YOU DO?

- 1 Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 If needed, give the person naloxone** — it can temporarily reverse the effects of opioids that might be mixed with stimulants.
- 3 Keep them calm and cool. Do not leave them alone.**
- 4 Protect them from injury (e.g., during a seizure)**
- 5 Monitor their breathing.** Stay with the person until emergency help arrives.

Waiting for medical help:

- Collect information on the type and amount of stimulants they used and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).

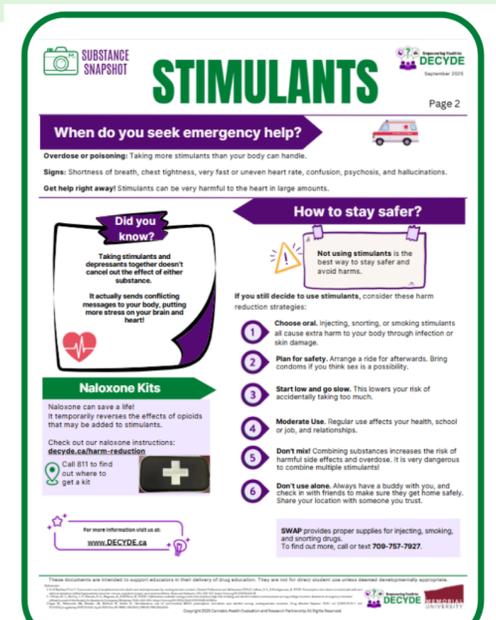
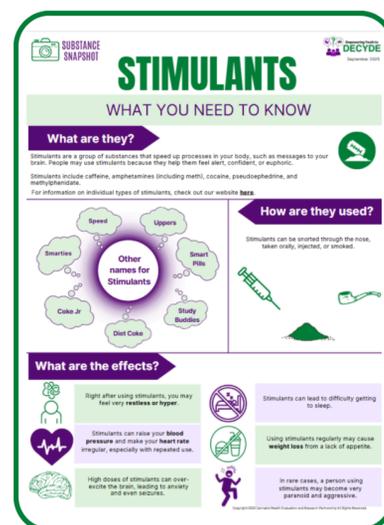


HOW TO STAY SAFER?

Not using stimulants is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **'Staying Safer'** tips on the **Stimulants Substance Snapshot**:

decyde.ca/substance-snapshots/#stimulants





DEPRESSANT OVERDOSE

Examples: *Benzodiazepines (Xanax, Ativan), sleeping pills, alcohol, opioids*

KNOW THE RISKS!

Signs and Symptoms

- Drowsiness or deep unconsciousness
- Slurred speech
- Poor coordination
- Slow breathing
- Weak pulse or low blood pressure
- Loss of consciousness or coma



Polysubstance use involves consuming more than one substance at the same time. Combining depressants with other substances increases a person's chance of overdosing.

WHAT DO YOU DO?

- 1 Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 Give the person naloxone, in case the substance they used contained opioids** — it only works for opioid overdoses, but it won't hurt someone if you are unsure.
- 3 Keep them awake if possible.** Don't let someone "sleep it off" — unconsciousness is a medical emergency.
- 4 Place them in the recovery position.**
- 5 Monitor their breathing.** Stay with the person until emergency help arrives.

Waiting for medical help:

- Collect information on the type and amount of depressants they used and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).



HOW TO STAY SAFER?

Not using depressants is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the **'Staying Safer'** tips on the **Depressants Substance Snapshot**:

decyde.ca/substance-snapshots/#depressants

DEPRESSANTS
WHAT YOU NEED TO KNOW

What are they?
Depressants are a group of substances that slow down messages between your brain and your body. They are used for their relaxing and euphoric effect.

How are they used?
Depressants can be crushed and snorted through the nose, taken orally, injected, or smoked. While many depressants can be legally prescribed, they can also be obtained illegally.

What are the effects?
Depressants mainly work in the brain. This can reduce stress and anxiety but it can also slow or stop your breathing. Depressants can also make you sleepy, especially when combined with other sedating substances. Depressants can reduce inhibitions and judgment, making accidents a higher risk. Depressants can reduce memory. This can even make it hard to retain information. Long-term use of depressants can cause a dependence and withdrawal. Withdrawal of some depressants, like alcohol, can cause seizures.

Other names for depressants: Blues, Downers, Barbs, Quids, Sleepers, Stoppers, Backwards, Sleeping Pills.

DEPRESSANTS
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When do you seek emergency help?
Overdose or poisoning: Taking more of a depressant than your body can handle. Signs: Slow, irregular, or no breathing; difficulty waking, talking, and speaking; unconsciousness; blue lips and nails; cold and clammy skin; gurgling or snoring. **Get help right away!** Give naloxone if opioids were used. This is a medical emergency.

Did you know?
Taking stimulants and depressants together doesn't cancel out the effect of either substance. It actually sends conflicting messages to your body, putting more stress on your brain and heart!

Naloxone Kits
Naloxone can save a life! It temporarily reverses the effects of opioids. Check out our naloxone instructions: decyde.ca/harm-reduction. Call 811 to find out where you can get a kit.

How to stay safer?
If you still decide to use depressants, consider these harm reduction strategies:
1. **Don't mix!** Combining depressants together can cause an overdose at much lower doses than expected.
2. **Plan for safety.** Arrange a ride for after you use depressants. Bring condoms if you think sex is a possibility.
3. **Start low and go slow.** Starting with a small amount lowers the risk of accidentally taking too much.
4. **Moderate use.** Regularly using a depressant can affect your health and relationships with others.
5. **Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
6. **Timing matters!** Avoid using depressants if you have work or school.

For more information visit us at: www.DECYDE.ca

SWAP provides clean, proper supplies for injecting, smoking, and snorting drugs. To find out more, call or text 709-757-7927.



HALLUCINOGEN OVERDOSE

Examples: Magic mushrooms (psilocybin), LSD, Ketamine, DMT, Ecstasy (MDMA)

Although it is rare to overdose on hallucinogens, consumption of large doses of hallucinogens is still unsafe and can increase likelihood of having bad 'trips'. Hallucinogens can also lead to overheating and dehydration, which can pose health risks.

KNOW THE RISKS!

Signs and Symptoms

- Hallucinations
- Dehydration & overheating
- Paranoia
- Anxiety or depression
- Distorted sense of time
- Feeling disconnected from yourself
- Dry mouth & sweating
- Poor coordination
- Fast heartbeat



Polysubstance use involves consuming more than one substance at the same time. Combining hallucinogens with other substances increases a person's chance of having bad 'trips'.

WHAT DO YOU DO?

- 1 Call 911 immediately.** Do not wait for the person to have all of the symptoms before calling 911.
- 2 Give the person naloxone, in case the substance they used was tainted with opioids** — it only works for opioid overdoses, but it won't hurt someone if you are unsure.
- 3 Keep them calm and cool.** Do not try to restrain them, as this can increase panic. Do not leave them alone.
- 4 Place them in a recovery position.** Keep them awake if possible and monitor their breathing.
- 5 Some hallucinogens can cause long-lasting psychological effects.** Help may still be needed even after the drug wears off.

Waiting for medical help:

- Collect information on the type and amount of hallucinogens they used and if they took other substances.
- Collect any health information you know about the person (current medications, health conditions or allergies).



HOW TO STAY SAFER?

Not using hallucinogens is the best way to stay safer and avoid harm.

If you choose to consume alcohol, please refer to the '**Staying Safer**' tips on the **Hallucinogens Substance Snapshot**:

decyde.ca/substance-snapshots/#Hallucinogens

