

# STIMULANTS

31 AUGUST

—  
INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

## WHAT ARE STIMULANTS?

**Stimulants are a category of drug that increase alertness and heart rate, producing an effect of increased confidence, and energy.**

Large doses of these drugs can result in anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Examples of stimulant drugs include: amphetamines, cocaine and Ecstasy (MDMA).

## SIGNS OF OVERDOSE

### Physical signs

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing

### Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

## OVERDOSE RESPONSE

**Before you act**, check for danger

**Call an ambulance**, tell the operator your location, and stay on the line.

**Move the person to a quiet**, safe room away from bystanders, noise, excessive light, heat and other stimulation.

**If confused or panicking**, try to reassure them.

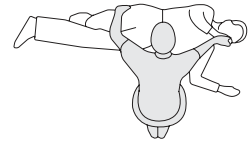
**If overheating**, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

**If you can't get a response** or the person is unconscious, put them in the recovery position.

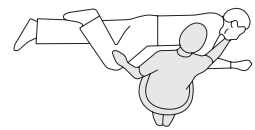
**If muscle spasms or seizures occur**, remove anything from the immediate environment that might cause injury.

## The Recovery Position

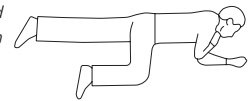
**Support face** Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



**Lift Leg** Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



**Roll over** Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



## WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO  
REMEMBER.  
TIME TO  
**ACT.**

 **International Overdose  
Awareness Day**  
prevention and remembrance

A Penington Institute Initiative

For more information visit  
[www.overdoseday.com](http://www.overdoseday.com)