

# TELL SOMEONE

Approximately 70 overdose deaths occur daily nationwide (CDC, 2009). Lives, like these pictured here, need not have been lost had they known the dangers of combining alcohol with prescription and illicit drugs.

Get to know the signs and symptoms of drug overdose.

**Save a life...tell someone!**



STEVEN CAREY  
AGE 25



DAVIS HELMINTOLLER  
AGE 23



BRADLEY JOHNSON  
AGE 22



JESSE LEONARD  
AGE 20



DUSTIN LEONARD  
AGE 23



TRACEY MARTIN  
AGE 25



CHRISTOPHER PIEPER  
AGE 20



MEHGEN MCCORMICK  
AGE 22



THOMAS NUNN  
AGE 25



RICHARD PERRY  
AGE 21



SARAH PHILLIPS  
AGE 23



DANIEL TORRES  
AGE 24

# MAKE THE CALL DIAL 911!

If you witness anyone exhibiting the signs of an overdose, consider this an emergency! Dial 911!

## CRISIS LINES

Emergency: DIAL 911

Crisis Line: DIAL 211 (not available in all states)

Poison Control: 1-800-222-1222

Suicide Hotline: 1-800-273-TALK (8255)

## TELL SOMEONE

If you think you or someone you know might have a problem with drugs or alcohol contact a health care or substance abuse professional.

**To get your substance abuse related questions answered anonymously visit:**

**ASK ADAM OR AMY**

at [www.nopetaskforce.org](http://www.nopetaskforce.org)



## OUR MISSION

To diminish the frequency and impact of drug overdose death through community education, family support and purposeful advocacy



[www.fsheriffs.org](http://www.fsheriffs.org)

**NOPE** NARCOTICS  
OVERDOSE  
TASK FORCE PREVENTION &  
EDUCATION

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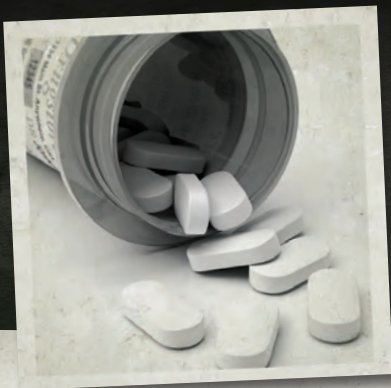
[www.nopetaskforce.org](http://www.nopetaskforce.org)



SOMETIMES YOU **NEVER**  
SLEEP IT OFF.



# WHAT EVERY COLLEGE STUDENT MUST KNOW



## WHAT IS A DRUG OVERDOSE?

A drug overdose occurs when a person accidentally or intentionally misuses any drug or combination of drugs to such excess that it results in direct physiological harm.

## THE FACTS

- There are approximately 28,000 annual fatal unintentional drug overdose deaths in the United States.<sup>1</sup>
- The majority of overdose deaths involve more than one drug.<sup>2</sup>
- 2 million hospital emergency room visits are attributed to drug misuse or overdose.<sup>3</sup>

## SIGNS AND SYMPTOMS OF DRUG OVERDOSE

- May not awaken when roused
- May not respond to painful stimulation
- May exhibit blue/purple lips, face and hands
- May have cold, clammy skin
- May snore or struggle for breath
- May complain of elevated body temperature
- May vomit
- May behave irrationally or seem confused

## DRUG OVERDOSE CRISIS: EMERGENCY DO'S AND DON'TS

- Do call 911
- Do tell medical professionals everything that the victim consumed or may have consumed
- Do follow the directions of the 911 operator
- Do stay with the victim until help arrives
- Do choose life first, all other considerations must come second
- Do not allow the victim to sleep it off
- Do not put the victim in a bath or shower
- Do not inject the victim with anything
- Do not leave the victim alone
- Do not treat the victim with home remedies that do not work and often postpone potentially life-saving medical treatment

## WHAT IS ADDICTION?

- Addiction is a disease characterized by compulsive drug seeking behavior regardless of the consequences.
- Addiction develops over time. As the illness progresses, addicted people need more alcohol or other drugs. They may use more often, **increasing the risk of overdose.** The illness becomes harder to treat and the related health problems become worse.



## GET HELP

If you think you might have a problem with prescription drugs, illicit drugs or alcohol, contact a health care or substance abuse professional.

## RECOVERY POSITION

To help someone that is unconscious but still breathing, place them in the recovery position depicted to the right. Facing the victim upward can lead to suffocation due to vomit, therefore, place the individual on their side with their arm under their head so that their mouth is facing downward, which allows for fluids to drain from his or her airway. Then, dial 911 immediately!!!



## PRESCRIPTION AND ILLICIT DRUGS

### What is an illicit drug?

A drug that is obtained illegally or a drug that is illegal.

### Can prescription drugs be illicit?

Yes, if you possess or consume a prescription drug that has not been prescribed specifically to you, you are committing a crime!

### Is it illegal to share my prescription drugs?

Yes, sharing your prescription drugs with anyone is unlawful!

## IS IT DANGEROUS TO MIX ALCOHOL WITH PRESCRIPTION, ILLICIT AND/OR OVER-THE-COUNTER DRUGS?

Yes, mixing alcohol with certain drugs is hazardous and unpredictable. Alcohol magnifies the impact of many commonly used drugs. Sudden respiratory arrest can result from many alcohol-drug combinations.

1 Source: Center for Disease Control and Prevention  
2 Source: Leonard J. Paulozzi, M.D., M.P.H., Medical Epidemiologist National Center for Injury Prevention and Control Centers for Disease Control and Prevention  
3 Source: Drug Abuse Warning Network (DAWN), 2008 National ED Estimates