

DO YOU RECOGNISE THE SIGNS OF OVERDOSE?

FACE BODY
SLEEP
BREATHING
HEARTBEAT

FOR OVERDOSE INVOLVING OPIOIDS LIKE HEROIN, MORPHINE AND OXYCODONE, THE PERSON'S **FACE** may be clammy to the touch and/or loses colour. **BODY** has become limp. Fingernails or lips have a blue or purple tinge. They're making gurgling noises and/or vomiting. They're unable to speak. **SLEEP** is so deep they can't be woken. **BREATHING** is very slow or stopped. **HEARTBEAT** is very slow or stopped.



PENINGTON
INSTITUTE



International Overdose
Awareness Day
prevention and remembrance

Rethink
Remember
Overdose does not discriminate

31 AUGUST



@overdoseday



InternationalOverdoseAwarenessDay