

Is your friend overdosing?

- More tired than normal
- Pale
- Abnormal breathing

Can they open their eyes?



Do they wake up when you sit them up?



If your friend does not react, save them!

1

CALL 112 and wait on the line!

Tell the operator about the possible overdose.



2

ARE THEY BREATHING?

Raise their chin. If they vomit, turn their head to the side.



3

Does not breathe:

Start CPR

30 chest compressions
(2 rescue breaths)



Does breathe:

Place them in the recovery position



Avoid overdoses: Do not use alone, avoid mixed use. Always use clean equipment. Remember that tolerance can drop in just 24 hours!

Read more:
[redcross.fi/
intoxicants-and-first-aid](https://redcross.fi/intoxicants-and-first-aid)

