

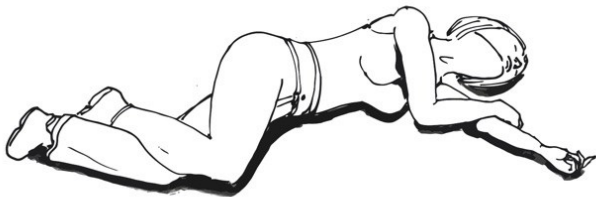
FITS

If they are having a « fit » make sure the area surrounding them is safe and there is nothing they can hurt themselves on.

Call **Emergency 15** or **112**. Stay with the person, talk to them, call them by their first name, ask them to answer commands such as « open your eyes », « move your hands ».

When the Emergency services arrive, tell them what has happened and if possible what substance the person has taken.

Doctors and paramedics are bound to medical confidentiality or secrecy and will not alert the police if an illegal substance has been taken.



**NEVER HESITATE
TO CALL THE
EMERGENCY
SERVICES FOR
HELP 112 OR 15**

If you want information,
If you need advice, risk reduction materials are available,
you can call :



04 79 37 87 00

tarentaise@le-pelican.org



Centre Hospitalier
de
Bourg St Maurice



04 79 41 79 72

elsa@ch-bsm.fr



website

DRUG RELATED EMERGENCIES

You may need to do different things to help someone in a drug related emergency depending on their appearance and behaviour.

« Look after friends who are in a mess with drink or drugs, in the same way you would want them to look after you »



VOMITING

Vomiting is usually nature's way of telling you that you've had too much. If somebody is feeling unwell through drink and drugs, don't give them anything to eat and only let them sip water (never force them to drink anything).

Make sure the person is sitting up, or lying on their side, in order to prevent inhaling or choking on their vomit.

If after vomiting, they want to sleep, keep your eye on them. Wake them regularly to make sure they are conscious. Make sure they are lying on their side (see the recovery position at the end of this leaflet).

BAD TRIP

If somebody is having a bad trip, is freaking out or paranoid, take them somewhere that is quiet, where they feel safe (a low stimulus environment).

Try to calm and reassure them ("it will pass-the drugs will wear off"). This can take hours, so be patient. If they become panicky, or you notice their breathing is slowing down, do not hesitate to call the emergency services right away : 112 or 15.

Stay with the person until help arrives.

Try to find out what substance they took and when.

If any of these disturbing experiences carry on after the drugs have worn off, they need to speak to a doctor or drug service.

CHEST PAIN

If they have chest pain : sit them down in a calm environment and reassure them.

Loosen any clothing or items that could obstruct their breathing (ie-shirt collar, belts, ties, tight clothing).

If the chest pain hasn't gone or is severe, call Emergency : 112 or 15 right away. Do not leave the person unattended.

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