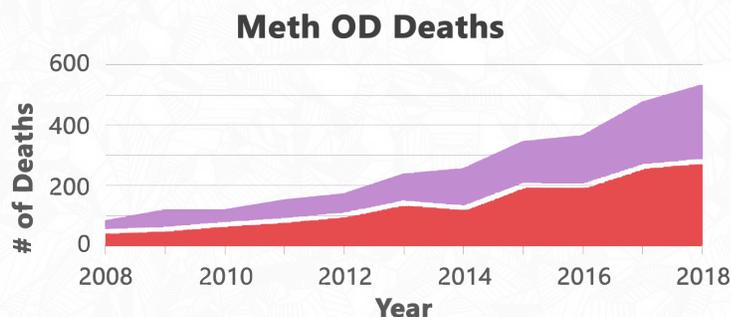


Methamphetamine: Stay Safe, Stay Alive

Meth deaths have **increased 600%** in the last decade in WA State.



Half of these deaths were from **meth with an opioid**.

Half of these deaths were from **meth alone**.

The biggest risks of methamphetamine overdose (also called *overamping*) include **overheating, heart attacks, strokes, and not breathing**. These can happen from:

- Using too much meth
- Staying high too long
- Using meth with opioids (heroin, fentanyl, etc), benzodiazepines/downers or alcohol
- Using drugs/being high alone (when no one is there to help if problems come up)

Watch for these signs of meth overdose and take action!

Main danger:	Signs to watch for:	How to help:
Overheating or heat stroke	<ul style="list-style-type: none"> • Lots of sweating • Skin that is red/hot/dry or cold/pale/clammy • Nausea or vomiting • Headache • Dizziness • Confusion 	<ul style="list-style-type: none"> • Cool down with cold wet towels, fans, ice packs, or in a cool room • Sip cool water, suck on ice <p>Call 911 right away if signs last more than an hour, get worse, or the person passes out</p>
Heart attack Stroke Seizure	<ul style="list-style-type: none"> • Racing heart rate • Chest pain • Can't walk or move • Numb limbs • Splitting headache • Slurred or jumbled speech • Confusion • Shaking • Can't wake up 	<p>Call 911 right away if you see or feel any of these signs!</p>
Breathing slows down or stops	<ul style="list-style-type: none"> • Slow or no breathing, or snoring/gurgling sound • Blue or gray skin or lips • Can't wake up 	<ul style="list-style-type: none"> • Try to wake them up! Call 911! • Give naloxone if you think they also used opioids • <i>No breathing</i> - give rescue breaths • <i>No pulse</i> - give chest compressions

When you call 911, describe the person's symptoms. You don't have to talk about drugs.



If someone isn't sure about the ER or getting help, let them know you care about them and medical help could save their life. Offer to go with them if you can.

Remember!

The **Good Samaritan Overdose Law** protects you and the victim from prosecution for drug possession.

What to do in a mental health crisis

Sometimes, people who use meth can feel strong paranoia, agitation, depression, or fear. They may also see, feel, or hear things that aren't real (hallucinations). These can make a person do something dangerous.



If you think someone might hurt themselves or someone else, call 911.

- Tell 911 that a person is having a mental health crisis.
- Say what the person is doing (e.g. walking into traffic, talking about suicide, talking about hurting someone else). You don't need to say anything about drugs.
- If this has happened before, tell 911 what kind of response has worked in the past.
- 911 may ask if the person has a weapon.

Staying healthy: tips from people who use meth

- Eat before and while you're high, even if you don't feel hungry. Coffee and energy drinks aren't food.
- Drink plenty of water. I set my phone alarm to remind me.
- Take any medications you're prescribed, especially if you have some for heart problems or high blood pressure.
- Be with people who know you and can tell if you need help.
- Use in a place where you feel safe.
- Don't stay high for too long. Get some sleep.
- Meth lasts a long time in your body. If you feel close to your limit, don't use more.



"Before you take that first hit, have your food and water ready, know what you're going to do when you're high, how you will keep yourself safe, how and where you're gonna crash."

Learn more at stopoverdose.org

Washington
Recovery Help Line
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health
1.866.789.1511
006461.3219116

Want to cut down on your meth use or need other help?
Call the Washington Recovery Help Line
at 1.866.789.1511