

YOU COULD SAVE A LIFE

IN SCOTLAND, OVER 1,300 PEOPLE DIED OF A DRUG OVERDOSE IN 2020 ALONE. TOO MANY SONS. TOO MANY DAUGHTERS. TOO MANY. BUT A DRUG OVERDOSE DOESN'T NEED TO BE A DEATH SENTENCE. THERE ARE THREE STEPS WE CAN ALL TAKE THAT COULD VERY WELL SAVE A LIFE. **NUMBER ONE** IS RECOGNISING THE SIGNS OF AN OVERDOSE. WHEN SOMEONE IS EXPERIENCING AN OVERDOSE, THEY ARE UNCONSCIOUS AND THEREFORE COMPLETELY UNRESPONSIVE. THEY MAY ALSO SOUND LIKE THEY'RE SNORING, THEIR LIPS MAY HAVE TURNED BLUE, OR THEY MAY HAVE SHALLOW BREATHING AND PALE OR ASHEN SKIN. PINPOINT PUPILS CAN ALSO BE A SIGN THAT A PERSON IS EXPERIENCING AN OPIOID-RELATED OVERDOSE. **NUMBER TWO** CALL 999. IT'S THAT SIMPLE. AS SOON AS YOU SUSPECT AN OVERDOSE IS TAKING PLACE, IT'S IMPERATIVE THAT AN AMBULANCE ATTENDS AS SOON AS POSSIBLE. **NUMBER THREE** IS A FREELY AVAILABLE MEDICATION THAT CAN REVERSE THE EFFECTS OF AN OPIOID-RELATED OVERDOSE. IT'S CALLED **NALOXONE**. BY CARRYING IT, AND ADMINISTERING IT, YOU CAN BUY TIME. TIME THAT COULD PROVE TO BE LIFE-SAVING. WE CAN PREVENT DRUG DEATHS. WE CAN SAVE LIVES. WE JUST NEED TO KNOW HOW. FIND OUT HOW BY VISITING **STOPTHEDEATHS.COM**

