

What can you do if a friend or family member is overdosing?

Try to get your friend or loved one to respond. Call their name. Shake them. Try to wake them up. If you can't wake them up, **immediately call 911.**

If you are afraid, leave when the rescue unit gets there...

BUT NEVER LET THEM SLEEP IT OFF!

You may be the only person who can make a difference. If you don't help, your friend or family member may suffer permanent brain damage or die.

Symptoms of prescription drug overdose.

If you, or any of your friends, have taken prescription pain relievers, here are the danger signs to watch for:

- Slow breathing (less than ten breaths a minute is really serious trouble)
- Seizures
- Small, pinpoint pupils
- Confusion
- Being tired, nodding off, or passing out
- Dizziness
- Weakness
- Apathy (they don't care about anything)
- Cold and clammy skin
- Nausea
- Vomiting



Information obtained from the Food and Drug Administration.



Family members and friends of loved ones who are using prescription drugs can obtain CPR certification by calling Alan Shedler at (727) 688-3834 and scheduling a class.

Call 1-888-PAR-NEXT to seek help or treatment for those in need.