

## WHAT TO DO IF SOMEONE GETS INTO TROUBLE FROM DRUGS

### If they are conscious:

- ▼ Get them to a quiet place.
- ▼ Give them some water.
- ▼ Reassure them and keep them relaxed.

### If they are unconscious:

- ▼ Get first aid.
- ▼ Clear their airway.
- ▼ If they are breathing, lay them on their side in the recovery position.
- ▼ If they have stopped breathing, breathe for them.
- ▼ Get them to a hospital, or call an ambulance straight away.

**You could save their life!**

## WANT MORE INFORMATION

[www.drugaware.com.au](http://www.drugaware.com.au)

- Alcohol and Drug Information Service  
Confidential 24-hour information, counselling and referral.  
Telephone (08) 9442 5000  
Toll-free 1800 198 024 (country callers)

For additional copies of this resource please call 9222 2045.



[www.drugaware.com.au](http://www.drugaware.com.au)

© Drug and Alcohol Office  
Western Australia 2004  
HP 9194

# Stay Safe



[www.drugaware.com.au](http://www.drugaware.com.au)

## TAKE CARE OF YOURSELF

It is always important to take care of yourself so you can enjoy life, friends, family, work or study.

### REMEMBER before and after a big night out:

- ▼ Drink plenty of water or juice.
- ▼ Eat healthy food.
- ▼ Rest and relax.

### Tips to feel great:

- ▼ Get plenty of sleep.
- ▼ Exercise regularly.
- ▼ Eat a balanced diet.
- ▼ Make sure you have a range of interests, not just partying.

Remember, many drugs are illegal and serious penalties can apply.

## STAYING SAFE WHILE YOU'RE OUT

### Look after yourself:

- ▼ Make sure you have enough money for food, water and a cab or bus ride home.
- ▼ Make sure you carry acceptable ID.
- ▼ Carry a mobile phone if possible.
- ▼ Let people at home know what time to expect you back.
- ▼ Take time out to rest and cool down.

### Look after your friends:

- ▼ Keep an eye on your friends and make sure they are OK.

Never leave them alone in case something goes wrong and you need to get help.

## REMEMBER

It is safer not to use drugs, but if someone does and starts to feel any of the following symptoms:

- ▼ Very tired
- ▼ Irritable
- ▼ Faint
- ▼ Cramps
- ▼ Vomiting
- ▼ Headache
- ▼ Hot or cold and unwell
- ▼ Confused or irrational
- ▼ Trouble going to the toilet
- ▼ Trouble breathing
- ▼ Collapse
- ▼ Convulsions

They may be in trouble and you need to get help FAST!

DIAL 000 and ask for an ambulance.

They won't call the Police (unless they're threatened or there's a death.)