

HOW TO RECOGNISE AN OVERDOSE

Signs of an opioid (heroin, fentanyl, oxys) overdose



Shallow breathing, breathing not regular, not breathing

Unusual snoring sounds (gurgling, choking)

Blue lips and fingertips (if light skinned)

Grayish or ashen lips and fingertips (if dark skinned)

Can't be woken up

It's not always easy to tell the difference between an overdose and sleeping – make sure your friends and family are safe – don't leave them to sleep it off