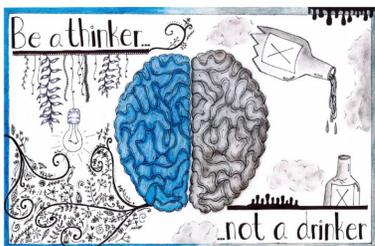


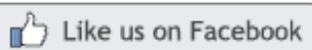


*Building a safe and healthy environment
by effectively educating the community
on positive life choices.*

"PREVENTION WORKS"



2018 Poster Contest Winner
Alexandria Davis
Falconer Central School



CASAC Offices
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Greetings!

Drug overdoses are now the leading cause of accidental deaths in the United States. Unfortunately, over the last four years, drug overdose deaths have significantly spiked in 26 states - an alarming trend that still continues today. While policymakers and health officials search for solutions, it is important to realize that we all possess the power to help save lives. Awareness is the key to survival during most medical emergencies; that's certainly true in the case of a drug overdose.

If you find a friend or loved one who has overdosed, knowing how to react could mean the difference between life and death.

An overdose occurs when your body cannot handle the amount of foreign substances in your body. Although signs and symptoms vary depending on the type of drug abused and the person's tolerance, it is best to choose caution over discernment. If you feel something is wrong, it probably is.

Depressant Overdose - Opiates and benzodiazepines (heroin, Oxycontin, Valium, Xanax) are all depressants, meaning they significantly slow your breathing and heart rate. When an overdose occurs, the victim runs the risk of respiratory failure, which could lead to a coma, permanent brain damage and death. Signs of a depressant overdose include: shallow breathing or not breathing at all, blue lips or fingertips, severe disorientation, no response or the inability to be wakened, snoring or gurgling sounds.

Alcohol Poisoning - Alcohol is also a depressant and affects the central nervous system similar to opiates and benzodiazepines. While some people may not generally consider alcohol an overdose risk, extreme cases can lead to respiratory failure, cardiac arrest and choking. Mixing alcohol with other depressants also amplifies the effects of both, increasing the risk of an accidental overdose. Signs of alcohol poisoning include: severe disorientation and lack of coordination, vomiting while sleeping, seizures or rigid spasms, irregular or slow breathing, clammy, pale, or bluish skin.

Stimulant Overdose - While overdosing on stimulants (cocaine, speed, methamphetamine) is not as deadly, statistically speaking, as overdosing on depressants, it is still very dangerous. Overdosing on stimulants can cause

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FRIENDS TAKE CARE OF FRIENDS

**KNOW THE SIGNS OF OVERDOSE.
CALL 911 IMMEDIATELY.**

**YOU ARE PROTECTED BY THE
NEW YORK STATE GOOD SAMARITAN LAW.
SAVE A LIFE!**

Chautauqua Alcohol & Substance Abuse Council
www.casacweb.org
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heart attacks, stroked, seizures and psychosis. Signs of a stimulant overdose include: chest pain, difficult breathing, severe headaches, disorientation and confusions, high temperature without sweating, unconsciousness.

If you believe someone is suffering from alcohol poisoning or stimulants, call 911 immediately. Too often, drug overdose deaths occur because a person is hesitant to call an ambulance due to fear of police involvement. However, New York State is one of many states that has enacted the Good Samaritan Law to encourage seeking medical help. The Good Samaritan Law provides limited immunity for minor drug violations, drug paraphernalia and being under the influence at the time of the medical emergency. Without the threat of legal retribution, friends and family are more likely to step in and call 911 to request assistance. Friends take care of friends...if you see an overdose, call 911 immediately.

About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.

