



**Try not to get**

**MELTED...**



# Things are heating up...

**Slap on the sunscreen**

**Wear loose clothing**

**Spend time in the shade**

**Avoid the sun at the hottest point  
in the day usually midday to 3pm**



# Signs of heatstroke

- **headache**
- **dizziness and confusion**
- **loss of appetite and feeling sick**
- **excessive sweating and pale, clammy skin**
- **cramps in the arms, legs and stomach**
- **fast breathing or pulse**
- **high temperature of 38C or above**
- **extreme thirst**

**Find shade, lie down, drink water or sports drinks with electrolytes and cool the skin with a cold wet cloth.**



# Stay hydrated

**Look out for the signs of dehydration:**

- **feeling thirsty and lightheaded**
- **a dry mouth**
- **tiredness**
- **having dark coloured or strong-smelling urine (pee)**
- **urinating (peeing) less often than usual**

**If you have been taking drugs that have a stimulant effect (e.g. cocaine or amphetamines) this can lead to increased body temperatures and dehydration.**

**Benzodiazepines (e.g. diazepam and alprazolam) and opioids (like heroin or codeine) can also cause dehydration.**



# **Think about your tolerance...**

**If you haven't been drinking or taking other drugs for a while its likely your tolerance will have dropped so you will feel the effects from much lower doses than you are used to - start low and go slow!**



**Please pick  
up your  
litter**





**Think about safer sex**

**and consent**



**For more information, go to**





# Taken too much?

**Drugs include: cocaine, MDMA, amphetamines (speed), caffeine.**

## **Signs of stimulant overdose include:**

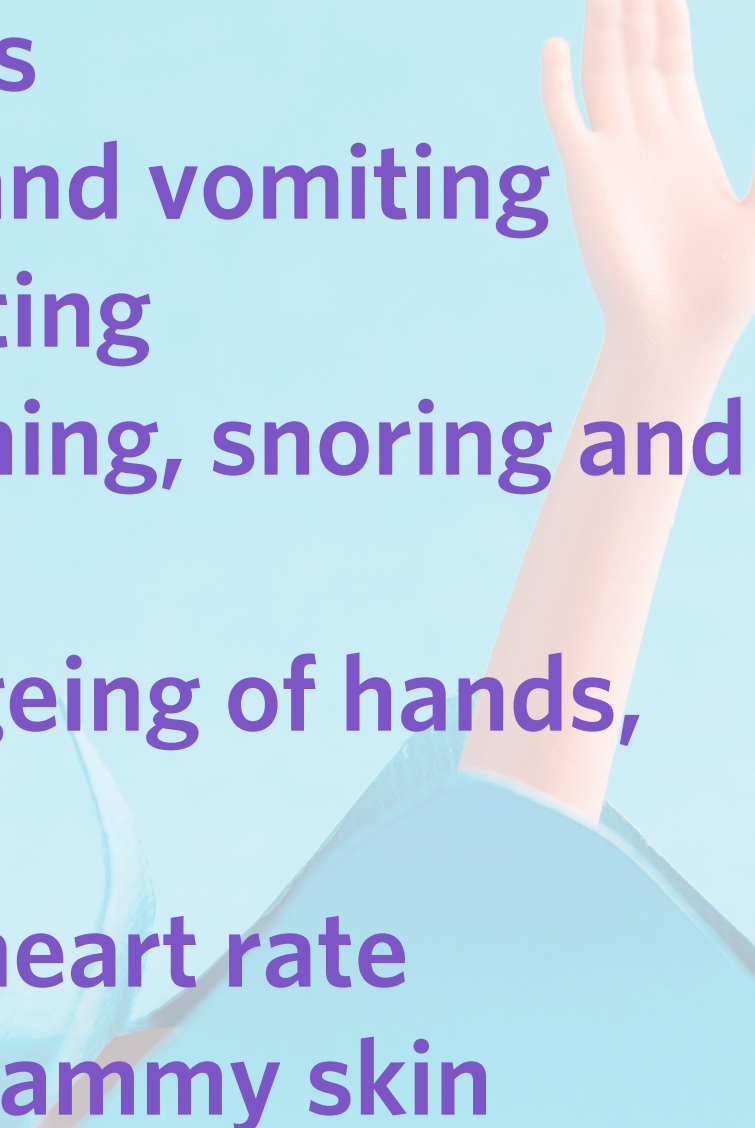
- Seizures, fitting or rigid muscles
- Hyperthermia (red-hot skin, overheating)
- Severe nausea and vomiting
- Rapid heart rate or chest pains
- Difficulty breathing
- Hallucinations
- Anxiety or fear
- Panic attack



# Signs of a Depressant overdose

**Drugs include: alcohol, benzodiazepines (diazepam/alprazolam), GHB, heroin or codeine.**

## **Signs of depressant overdose include:**

- Unconsciousness
  - Severe nausea and vomiting
  - Seizures and fitting
  - Difficulty breathing, snoring and raspy breathing
  - Blue or pale tingeing of hands, fingers and lips
  - Slow or erratic heart rate
  - Pale, cold and clammy skin
- 
- A 3D rendered illustration of a human hand and forearm reaching upwards. The hand is open with fingers slightly spread. The skin is a realistic light tone. The forearm is visible, showing some muscle detail. The hand is positioned in the upper right quadrant of the slide, partially overlapping the list of signs.



# In an emergency, get help and...

- Keep calm
- Call 999 (or 112)
- Give as much information as possible include location, age, who needs help and what happened. Be honest about what they have taken. Stay with the person (if you can).
- Distressed? Sit them somewhere calm and give reassurance.
- Fitting? Keep the area safe - move anything that could hurt them.
- Overheating? Take them somewhere cooler, loosen tight clothing, cool them using fans or wet towels and give them small sips of water.
- Unconscious? Put in the recovery position (or on their side) and monitor breathing.
- Stopped breathing? Perform CPR (chest compressions are really important).
- If opioids are involved, or if you are unsure if they are, always administer naloxone.





# **In an overdose, keep them safe but don't...**

- Leave them alone
- Inflict excessive pain to wake them
- Give any other drug
- Encourage them to vomit
- Give them anything to eat or drink  
(apart from small sips of water)
- Put them in a bath/shower
- Walk them about
- Attempt to restrain them



If you are in Edinburgh and the Lothians and are concerned about your own, or a loved one's drug use, Crew is here for you! We provide free, inclusive, non-judgemental counselling for those experiencing problems related to psychostimulant drugs.

**To find out more, call 0131 220 3404  
or visit: [www.crew.scot](http://www.crew.scot)**

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