



# Overdose

—RISK & RESPONSE—

## HOW TO SPOT AN OD

Taking too much of a drug (or a combination of drugs) can overwhelm the body. The main dangers of an overdose are **suffocation**, **heart failure** and **seizures**.

### OVERDOSE OF **DEPRESSANTS** (DOWNERS)

- Lips, fingertips, or skin turning blue or gray
- Breathing is slow, irregular, or has stopped
- Unresponsive to voice and touch

### OVERDOSE OF **STIMULANTS** (UPPERS)

- Extreme jumpiness, muscle twitches, tremors, seizures
- Pressure, tightness, or pain in the chest
- Increased heart rate, heart attack
- Hallucinations, delirium, confusion
- Throwing up or foaming at the mouth
- Coordination loss, collapsing/fainting from exhaustion

## SERVICES WE PROVIDE

- Syringe exchange
- Overdose prevention
- Suboxone
- Housing navigation
- Community outreach
- Health education

- Wound care
- HIV/Hep C testing
- PrEP navigation
- Transgender services
- Linkage to drug treatment

## GET IN TOUCH!

### HONOLULU OFFICE

808-853-3292

### HILO OFFICE

808-895-1719

### KAUA'I OFFICE

808-651-721

### O'AHU MOBILE VANS

808-285-4265, 808-286-2852

### KONA MOBILE VAN

808-756-0999

### MAUI MOBILE VAN

808-264-1982

Visit us at [HHHRC.ORG](http://HHHRC.ORG) for more information

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