

What should you do if you spot the signs of an overdose?

Do you know how to **save a life** from an overdose?

It is scary and easy to panic, but it's important to stay calm, act fast and follow these 3 steps:

-  **Call 999 and ask for an ambulance immediately**
-  **Put the person in the recovery position**
-  **If you're trained to administer #naloxone, give it to the person in need**

Follow these steps to help prevent overdose.

Carry #naloxone and give it to the person in need, inform emergency service that naloxone has been given.

#EndOverdose