



Alcohol and Drug Education

When to Get Urgent Help

CALL 911 or go to the nearest emergency room for these **symptoms**, as any of them can lead to **death**.



People using any substance that contains or could be contaminated with opioids should have naloxone (e.g., Narcan®) on hand.

ALCOHOL



Confusion, trouble breathing, vomiting, clammy skin, low heart rate, low temperature, seizures, unconsciousness.

Nausea, headache, severe sweating, shaking, anxiety, sensory disturbances.

Occurs 2-3 days after heavy drinkers stop abruptly: confusion, shaking, rapid heartbeat, hallucinations - seek treatment to avoid heart attack or seizure.

DRUGS



Shallow breathing, slow heart rate, blue lips or nails, unresponsiveness, and clammy skin.

Agitation, chest pain, nausea, vomiting, rapid breathing, and heart rate.

Overdose: slowed or stopped breathing, confusion, weak pulse.
Withdrawal: sweating, anxiety, seizures, circulatory failure.

Seizures and delirium tremens (DTs). See DT information under Alcohol.



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