

OVERDOSING VS OVERAMPING

Overdosing and **overamping** are different reactions to substance use, including the kinds of substances involved, the adverse effects associated with each, and what the appropriate response is.

Overdosing specifically refers to a person who is unresponsive and not breathing from consuming too many or too much of a substance. **Overamping** refers to a range of adverse physical and psychological reactions as a result of substance use. Some psychological symptoms associated with overamping can include anxiety, paranoia, confusion, and delusions.

OVERDOSE

Substances Most Often Involved:

Depressants (opioids, benzodiazepines, alcohol, GHB)

OVERAMP

Substances Most Often Involved:

Stimulants (cocaine, crack cocaine, caffeine, MDMA, methamphetamine)

BLUE OR GRAY TINT, PALE FACE, LIPS, OR FINGERNAILS	RED OR FLUSH FACE, LIPS, OR FINGERNAILS
COLD OR CLAMMY SKIN	WARM OR HOT SKIN
LOOSE MUSCLES	TIGHT OR "LOCKED" MUSCLES
BODY IS LIMP	SHAKING OR SEIZING
NOT RESPONSIVE TO STIMULI	PRESSURE, TIGHTNESS, OR PAIN IN CHEST
SLOW OR NO BREATHING	RAPID BREATHING OR HEARTBEAT

PROPER RESPONSE

- Administer naloxone if opioids are suspected to be involved
- Call 911 and tell them there is an unresponsive person
- Begin rescue breathing or put them into recovery position if they are breathing

PROPER RESPONSE

- Cool the person with wet towels, ice packs, fans, shade, or air conditioning
- Get plenty of rest and sleep
- Drink plenty of water and eat
- If the person is experiencing signs of a heart attack, stroke, or psychosis, call 911

