

## Overdose

### 过量

#### What type of person is most susceptible to overdose?

#### 什么人容易过量?

It doesn't matter what type of person, everyone has the chance that he/she may overdose. Male, female, people with injecting experience, or people without injecting experience all have the possibility of overdosing. 不管你是谁,都有可能过量. 男的, 女的, 有过注射经历的, 或者没有注射经历的, 都有可能过量.

#### Why do people overdose?

#### 为什么会过量?

- Mixing drugs. For example, if you mix heroin and other types of drugs, alcohol, benzos, etc. Before and after you are using heroin, if you then drink alcohol, or if you wait for a while and then use other types of drugs, the chance of overdosing is high.  
混合使用毒品. 例如, 把海洛因和其它毒品混合使用, 如酒精, 安定或三唑仑。如果使用海洛因前后饮酒, 或过一段时间再使用其它的毒品, 过量的可能性会很高.
- Tolerance levels change. If you have quit using drugs, or you just relapse, your tolerance has already changed and it's easy to overdose. If you get sick, lack nutrition in your diet, or were just released from the detoxification center, any of these conditions will also affect your tolerance.  
人的耐受性会改变. 比如:  
已经戒断了毒品, 或刚复吸,  
生病, 吃的食物缺乏营养,  
刚从戒毒所出来.
- The purity of drugs cannot be standardized. If you buy from an unfamiliar dealer for the first time, or if the dealer mixes or cuts your drugs with some other substances, your chances of overdose are increased.  
毒品纯度. 如果第一次和一个不熟悉的人买毒品, 或者毒贩把其它东西混在里面都会增加过量的可能性。

#### How to deal with overdose

#### 过量时如何处理:

- Check to see if the person responds. Call his/her name, talk to him/her, or shake him/her gently  
大声喊他/她的名字, 跟他/她说话, 或很轻的摇他/她, 确认他/她是否有反应
- If the person is not breathing or you notice that they have blue lips, clammy skin, or pale skin, Put him/her in the recovery position:  
如果发现他/她没有了呼吸或嘴唇变蓝, 皮肤冰凉, 发白, 就应该让他/她保持正确姿势:  
1. Open the airway by tilting the head back and lifting the chin. Straighten their legs  
Place the arm nearest to you at right angles to their body  
Pull the arm furthest from you across their chest  
Hold the leg furthest from you above the knee and move it upward across their leg ;  
先抬起下巴, 让头向后仰, 把两条腿伸直; 让挨着你的胳膊保持直角的位置, 另一只胳膊跨过胸前, 把离你远的腿拉过来放在另一只腿上;  
2. Ensure the back of their hand is placed against the cheek nearest to you .

Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side;

把在下方的手掌放在脸下，离你远的腿弯曲放在另一只腿上；

3. Tilt their head back to ensure they can breathe easily

Ensure the hip and knee of their upper leg are bent at right angles.

保证手掌放在脸下，头向后仰（这样易于他/她呼吸），在上方的腿弯曲成直角。

- If you know how to conduct CPR, you can begin  
如果会心肺复苏术，可以用这种方式帮助他/她.
- Call 120 for emergency personnel. Stay with the person until the paramedics arrive.  
打 120 急救,陪着他/她, 直到救护人员到达.
  - If you cannot stay with the person, put the person in the recovery position, and make sure the surrounding area is cleared after calling the emergency personnel and providing detailed directions.  
如果确实不能陪着他/她,就让他/她保持以上所说的正确姿势,这时要确保周围没有家具椅子等东西挡着他/她,以便救护人员容易施救.

## Preventing Overdose

### 防止过量

- Do not mix drugs or use many types of drugs at the same time  
不要把毒品混合使用或一次使用多种毒品
- Do not drink alcohol before or after using drugs.  
使用毒品前后不要饮酒.
- Inject in the presence of other people, and if an overdose occurs, the people present can help the person who has overdosed  
不要在别人不知道的情况下注射毒品,如果出现过量的情况, 身边的人可以帮助你
- Find a reputable dealer, and purchase drugs every time from the same person, this will be more secure  
找一个可以信任的毒贩, 每次都向他购买,这样会比较安全
- If you have already stopped using drugs for a period of time, for example, you just left the detoxification center, be aware that your tolerance level may have changed. Use less than you would normally use and inject that part to help your body feel how much you can withstand.  
如果有一段时间没有使用毒品, 比如刚从戒毒所出来, 你必须意识到自己对毒品的耐受程度已经改变。参照你平时使用毒品的量,少量的注射,可以让你知道自己身体可承受的量.

## Overdose Myths

### 过量的误区

- Injecting salt water into an overdosed person will not help.  
给过量的人注射盐水不会有帮助.

- Do not put an overdosed person into a bathtub because they could drown or go into shock  
不能把过量的人放在浴缸里, 因为有可能使他/她溺水或休克。
- Injecting an overdosed person with another type of drug will not help. In most situations it will make the situation worse, and will waste time, because emergency personnel will not be aware of what is in the overdosed person's system  
给过量的人注射其它药物没有帮助, 一般来说情况会更严重, 而且还会浪费时间, 因为救护人员到达时, 没有办法确认他/她身体里的东西。
- If you are using various types of medicine to help you get through withdrawal, and you lose consciousness, it will not help to give heroin to the person to wake them up.  
在过量使用多种戒毒替代药物后, 如果他/她昏厥或昏迷了, 试图用海洛因让他/她清醒是不科学的。