Go to a local clinic, where you can be honest about drug use.

1. Make sure to get your heart, blood pressure, cholesterol, and circulation checked.

2. Take care of your body - take all of your health medications, eat well, get plenty of rest, and drink water.

3. Speed, cocaine, and crack are unpredictable. Being in situations that make you uncomfortable, or taking it when you are run down, can cause you to feel overamped. Overamping can lead to heart attack, stroke, seizure, or overheating. Other symptoms: vomiting, passing out, chest pain, sweating profusely, limp jerking, severe headaches.

WHAT IS STIMULANT OVERAMPING?

Overamping: a term that describes an "overdose" on speed or cocaine.

WHAT CAUSES OVERAMPING?

Speed, cocaine, and crack are unpredictable. Being in situations that make you uncomfortable, or taking it when you are run down, can cause you to feel overamped.

OVERAMPING PREVENTION

1. Go to a local clinic, where you can be honest about drug use.
2. Make sure to get your heart, blood pressure, cholesterol, and circulation checked.
3. Take care of your body - take all of your health medications, eat well, get plenty of rest, and drink water.

RECOGNIZING SYMPTOMS

Overamping can lead to heart attack, stroke, seizure, or overheating. Other symptoms: vomiting, passing out, chest pain, sweating profusely, limp jerking, severe headaches.

PSYCHOLOGICAL SYMPTOMS

- Extreme anxiety
- Panic
- Extreme paranoia
- Increased aggressiveness
- Restlessness

RESPONDING TO OVERAMPING

Symptoms that are the most common when experiencing overamping include: overheating, stroke, seizure, heart attack.
Strokes occur when a blood clot blocks a blood vessel to the brain. Symptoms: numbness/weakness of the face, arm, or leg, trouble speaking, trouble seeing either out of one or both eyes, dizziness, severe headache.

Overheating can be deadly! Make sure to drink a lot of water and electrolytes, place a cold, wet cloth under armpits, back of knees, and on the forehead. Symptoms: headaches, low blood pressure, swollen lips, etc.

Seizures are convulsions of the body symptoms: drooling, snorting, twitching, loss of consciousness, entire body stiffening, uncontrollable muscle spasms, etc. CALL 911 IF THE SEIZURE LASTS OVER 5 MINUTES!

Squeezing, or pain in the center of the chest, discomfort in the neck, arm, jaw, etc., shortness of breath, and lightheadedness.

**If you or someone you know is experiencing overdamping, call 911**

Provided by RMTLC Tribal Opioid Response Program
https://www.rmtlc.org/tribal-opioid-response/