

Overamping (OA) is used instead of overdose (OD) because OD means taking too much of something & thats not always the case with stimulants.

OA can happen due to variety of reasons, being up for days, dehydration and others. With stimulants, It's much more unpredictable then say down or heroin. OA can happen regardless of how much or little you use

Some things that may lead to overamping include:

- You've been up for too long (sleep deprivation).
 - Your body is worn down from not eating or drinking enough water.
 - You're in a weird or uncomfortable environment or with people that are sketching you out.
 - You did "that one hit too many."
 - You mixed some other drugs with your speed that have sent you into a bad place.
- No matter what the reason, it can be dangerous and scary to feel overamped.

**Coalition of Peers
Dismantling The Drug War
(CPDDW)
Ministry of Propaganda**

This info came from life experience, peers, CPDDW, harm reduction Coalition & toward the heart website
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www.cpddw.ca



**Overamping
Stimulant Overdose**

Steps to respond

From a Stimulant user

What type of help is necessary?

Call 911 ASAP if

- If person shows signs of hypertension (bulging veins), extreme body heat/temp (they start taking clothes off)
- Person becomes/is a danger to themselves or others, Overly aggressive, or in active psychosis you're unable to bring them out of it/ground them
- Ask for ambulance and tell them its a Stimulant OD

When approaching someone who may be OA Keep calm, hands visible, speak softly at all times. Do assessment of physical-psychological symptoms, to help ground them or calm them, do deep breathing with them: in through the nose, out through the mouth. a way help bring them back if in psychosis or ground them, ask three questions. Repeat each question till answered correctly. For example, what city currently in? Repeat it till answered correctly: name/handle? Color of t-shirt or shoes?

Remember to keep calm, talk softly, keep hands visible

Assess Following symptoms and call 911 at your discretion

Physical

- Nausea and/or vomiting
- Tightening in chest/chest pain (Is this new? or do they get them often)
- Fast racing heart rate/pulse
- Severe headache, light sensitivity
- Teeth grinding, jaw clenching
- Irregular breathing or shortness of breath
- Convulsions, limb jerking rigidity
- Feeling paralyzed, but aware
- Rising/high body heat/temp, sweating profusely-with chills

Psychological

- Extreme anxiety, panic (feeling of impending doom), agitation
- Restlessness and Irritability
- Hyper-vigilant/enhanced sensory awareness (lights brighter)
- Suspiciousness, or confusion
- Cant settle down-Flaily
- Slurred speech or words not making sense
- Sometimes hallucinations

Stimulant Toxicity

Its important to call 911 ASAP. OA symptoms are similar to toxicity the only difference being extreme body heat (clothing may be soaked due to profusely sweating, they start taking off clothing) and Hypertension.

Again If your unsure its best to call 911

Over-heating can be deadly.

Hot, dry skin is a typical sign of hyperthermia. The skin may become red and hot as blood vessels dilate in an attempt to get rid of excess heat, sometimes leading to swollen lips.

If you notice someone overheating get them to slow down and stop agitated movements. Make sure they are drinking water, electrolyte sports drinks, or pedalyte so they don't dehydrate. Open a window for fresh air or take them outside.

Please use caution when using cooling tools like ice packs, cold cloth etc. to cool someone that's experiencing overheating from stimulants, because this also is a sign of Toxicity & could do more harm than good.

Your best bet is to get someone to a hospital so they can provide cooling techniques such as IV cooling and other ways that can help someone cool down their body safely.

Other precautions:

- If person goes unconscious start CPR if trained
- Cardiac arrest can happen for Overamping
- If you give Naloxone, it wont harm them if you believe they took stimulant contaminated with Fentanyl