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<http://stopoverdose.org/>, <https://www.learnabouttreatment.org/>, Twitter: @nomoreoverdose

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[New report “Acute Consequences of Methamphetamine Use Among Participants of Syringe Services Programs”](#)

The [2019 Washington State Syringe Exchange Health Survey](#) asked syringe services program participants about nonfatal, acute consequences of methamphetamine use. This summary provides an initial look at the frequency of physical or psychiatric adverse events and the characteristics of people who use methamphetamine and reported these adverse events.

“Among people who had used methamphetamine by itself or mixed with heroin in the last three months (1,089 respondents with complete data):

- One quarter (25%, n=277) reported experiencing acute psychiatric consequences related to methamphetamine use in that time period.
- 15% (n=165) reported experiencing acute physical consequences.
- 9% (n=101) reported experiencing both types of consequences related to methamphetamine use.”

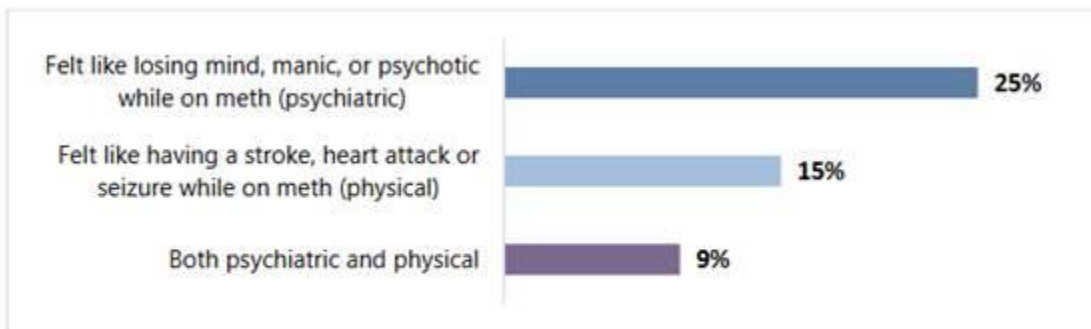


Figure 2. Acute consequences of methamphetamine use in past 3 months among those who used any meth n=1,089

Find the report [here](#).

[New flyers and webpage on how to recognize and respond to methamphetamine overdose](#)

We have two new flyers on how to recognize and respond to methamphetamine overdose. These were developed with the input of people who use methamphetamine, community providers, and healthcare providers. Thank you to everyone who worked with us on this project.

The flyers and other methamphetamine related resources are available on our new [Methamphetamine overdose/overamping webpage on stopoverdose.org](https://stopoverdose.org).

Please email me to order printed copies of the brochure. We'll be doing a print run and mailing out materials in the next few weeks. We will be working to translate these documents into Spanish and hope to have the translation available in a few months.

The [short methamphetamine overdose flyer](#) covers the basics of when to get emergency medical help for people using methamphetamine. (Half page size, single-sided).

Meth Overdose: Know When to Get Help

Meth OD Deaths

Meth deaths have **increased 600%** in the last decade in WA State.

Learn more at stopoverdose.org

Watch for these danger signs:

- Super fast heart rate (2-3x faster than normal)
- High body temperature (sweating or hot, dry skin)
- Really painful headache
- Chest pain or tightness
- Can't walk or move
- Won't wake up
- Can't feel arms or legs
- Seizure or shaking you can't control

Call 911:

If you see these signs, **call 911** or get medical help right away!

The **Good Samaritan Overdose Law** protects you and the victim from prosecution for drug possession.

Recovery Help Line 1.866.789.1511

Want help to cut down your meth use? Call the Washington Recovery Help Line at 1.866.789.1511

ADAI UNIVERSITY of WASHINGTON

The [long flyer](#) covers signs of methamphetamine overdose, when to get help, and steps people can take to reduce their risk for methamphetamine overdose. (Full page size, double-sided).

Methamphetamine: Stay Safe, Stay Alive

Meth deaths have increased 600% in the last decade in WA State.

Meth OD Deaths

Year: 2008, 2010, 2012, 2014, 2016, 2018

Half of these deaths were from meth with an opioid.

Half of these deaths were from meth alone.

The biggest risks of methamphetamine overdose (also called **overamping**) include **overheating, heart attacks, strokes, and not breathing**. These can happen from:

- Using too much meth
- Staying high too long
- Using meth with opioids (heroin, fentanyl, etc), benzodiazepines/downers or alcohol
- Using drugs/being high alone (when no one is there to help if problems come up)

Watch for these signs of meth overdose and take action!

Main danger:	Signs to watch for:	How to help:
Overheating or heat stroke	<ul style="list-style-type: none"> • Lots of sweating • Skin that is red/hot/dry or cold/pale/clammy • Nausea or vomiting 	<ul style="list-style-type: none"> • Headache • Dizziness • Confusion <ul style="list-style-type: none"> • Cool down with cold wet towels, fans, ice packs, or in a cool room • Sip cool water, suck on ice <p>Call 911 right away if signs last more than an hour, get worse, or the person passes out.</p>
Heart attack Stroke Seizure	<ul style="list-style-type: none"> • Racing heart rate • Chest pain • Can't walk or move • Numb limbs • Splitting headache 	<ul style="list-style-type: none"> • Slurred or jumbled speech • Confusion • Shaking • Can't wake up <p>Call 911 right away if you see or feel any of these signs!</p>
Breathing slows down or stops	<ul style="list-style-type: none"> • Slow or no breathing, or snoring/gurgling sound • Blue or gray skin or lips • Can't wake up 	<ul style="list-style-type: none"> • Try to wake them up! Call 911! • Give naloxone if you think they also used opioids • No breathing - give rescue breaths • No pulse - give chest compressions

When you call 911, describe the person's symptoms. You don't have to talk about drugs.

If someone isn't sure about the ER or getting help, let them know you care about them and medical help could save their life. Offer to go with them if you can.

Remember!
The Good Samaritan Overdose Law protects you and the victim from prosecution for drug possession.

Thank you!