

Preventing/Responding to Overdose True/False

1: Mixing drugs is safe as long as they have the same impact on the body.

FALSE! Using two "downers" (depressants like opioids, benzos, alcohol) further slows your respiratory system and heart rate, while using two "uppers" (stimulants like cocaine) speeds them up. Both make overdose more likely. Mixing drugs with opposite effects is also dangerous, as outcomes are unpredictable and may make overdose harder to recognize.

2: If I'm underage and have been drinking, and my friend begins to show signs of alcohol poisoning, we are protected from legal punishment for drinking if I contact Campo (at L&C) or Emergency Services (Portland) on their behalf.

TRUE! At L&C, the medical amnesty policy means that if you stay at the scene with the responders and agree to comply with recommendations from the office, you can choose to work with the office of health promo & wellness (us again!) instead of SRR. The Oregon Medical Amnesty law (ORS 471.430. 10(a)) protects you here in Portland.

3: It does not matter to first responders what you have taken or how much of it you have taken, it just matters how bad your symptoms are.

FALSE! Knowing what has been taken and how much of it was taken can help first responders act more efficiently, and may save someone's life. They might know to use Naloxone, for example, or know not to use certain medications if they would interact with what the person has taken.