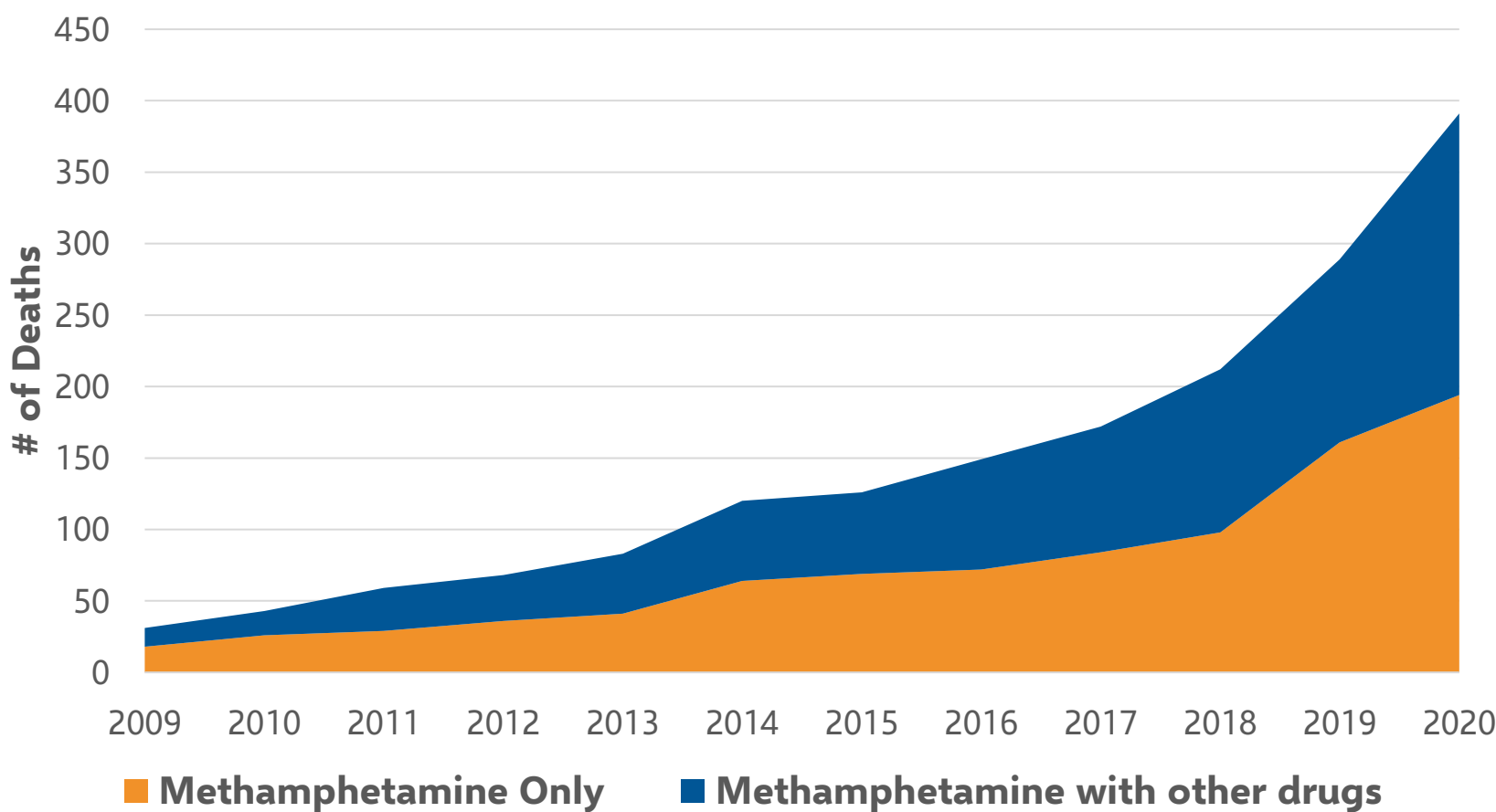


A QUICK INTRODUCTION TO METHAMPHETAMINE OVERDOSE (OVERAMPING): FOR PUBLIC HEALTH PROFESSIONALS



Total Number of Methamphetamine Overdose Deaths in Oregon



What is Methamphetamine?

A drug that causes feelings of euphoria and increased energy, known as meth, crystal meth, or crystal. People may smoke, take in pills, snort, or inject methamphetamine powder dissolved in water/alcohol.

From 2009-2020, there was an over **1000%** increase in accidental deaths due to methamphetamine overdose.

From 2009-2020, **51%** of deaths were due to methamphetamine only, and **49%** of deaths were due to polysubstances.

SIGNS OF OVERDOSE & WHAT TO DO

Danger	Signs	What to do
Overheating or heat-related illness	<ul style="list-style-type: none"> Sweating Nausea or vomiting Severe headache Dark urine 	<ul style="list-style-type: none"> Lie down, elevate legs, and drink fluids. Cool down with cold, wet towels, fans, or ice pack. Call 911 if signs last more than an hour, worsen, or person passes out
Heart attack, stroke, or seizure	<ul style="list-style-type: none"> Racing heart rate Not able to walk/move Numb/spasming limbs Slurring/jumbled speech 	<ul style="list-style-type: none"> Severe headache Confusion Shaking Chest pain <ul style="list-style-type: none"> Call 911 right away if you or someone else experiences these signs
Breathing slows down or stops	<ul style="list-style-type: none"> Difficulty breathing Slowed/no breathing Snoring or gurgling sounds Vomiting 	<ul style="list-style-type: none"> Can't wake up Blue or gray skin/lips <ul style="list-style-type: none"> Call 911 right away if you or someone else experiences these signs Give naloxone if you think they may have also used opioids No pulse → chest compressions Not breathing → rescue breaths CPR Instructions here

METHAMPHETAMINE PSYCHOSIS

People who use methamphetamine can experience confusion or disorientation, as well as strong feelings of paranoia, agitation, depression, or fear. Hallucinations can also occur where people see, hear, or feel things that are not real. These symptoms can lead to dangerous behaviors.

If someone could hurt themselves or someone else, call 911.

- Tell the operator that someone is experiencing a mental health crisis.
- Describe the person's behavior. **You don't have to talk about drugs.**
- If this has happened before, tell the operator what has worked in the past.
- The Good Samaritan Law protects the caller and the person experiencing an overdose from being prosecuted for drug possession.



METHAMPHETAMINE AND OPIOID CO-USE

- In 2019, 63% of all stimulant deaths nationwide also involved an opioid.
- Nationwide, there have been increases in methamphetamine use among people reporting past-month heroin use. Synthetic opioids have also been involved in deaths attributable to psychostimulants.
- Methamphetamine and opioids can be mixed and used together, used at separate times, or used interchangeably depending on what is more readily available.

HARM REDUCTION STRATEGIES TO SHARE WITH COMMUNITY

Overdosing or "overamping" during methamphetamine use is more likely when someone has not slept, eaten enough food, or is dehydrated. It's important for people who use methamphetamine to:

- Drink water and eat food before and during periods when they are using methamphetamine even if they do not feel thirsty or hungry. Coffee and energy drinks are not food.
- Create a safety plan that includes having water, food, a safe place to crash, and people around who are safe and can be trusted to recognize signs of danger and act, including calling 911 if needed.
- Avoid mixing methamphetamine with other drugs or reduce the number of drugs that a person takes at the same time. The effects from combining drugs may be stronger and more unpredictable than one drug alone. Continue to take prescription medications for conditions like high blood pressure.
- Buy drugs from trusted sources, use fentanyl test strips and have naloxone sitting out ready to use.

TAKE AWAYS

- ▶ Accidental deaths due to methamphetamine have significantly increased in Oregon.
- ▶ The main dangers are overheating, heart attack, stroke, seizure, and not breathing.
- ▶ Prevent overdose or "overamping" by drinking plenty of water, getting adequate sleep, and staying well-fed.
- ▶ Avoid using methamphetamine alone or mixing it with other drugs.

- ▶ Lines for Life call line and resources: **1-800-923-HELP (4357)**.
- ▶ Never Use Alone hotline: **800-484-3731**.
- ▶ Or [click here](#) for Oregon county-specific crisis lines.

RESOURCES