

Danger Signs

- Collapsing or passing out
- Not breathing properly
- Shaking or fitting (seizures)
- Chest pain or not waking up

If your mate is SNIFFING....

- Stay calm and do not panic
- Keep them away from fire, cigarettes, engines
- DO NOT chase them - it can trigger heart failure
- Try to get them in to fresh air if safe

Amity
Community Services Inc

**LOOKING OUT
FOR MATES –
sniffing can kill**

How To Keep
Each Other Safe -
Northern Territory

What You Can DO

- ✓ Call 000 if they are unconscious or struggling to breathe
- ✓ Put them in the recovery position if passed out
- ✓ Stay with them - DO NOT leave them alone
- ✓ Tell some one you trust (youth worker, adult, teacher)

DON'T

- × DO NOT make them run or get scared
- × DO NOT give them food, drink or any other substance
- × DO NOT let them sleep it off

Worried About A Friend?

Talk to a local health worker, school counsellor or call Amity Community Services.

Help is confidential and safe.

MATES LOOK OUT FOR EACH OTHER

