Meth Overdose: Know When to Get Help

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.

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