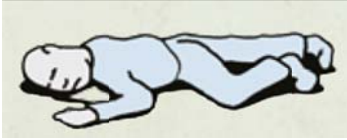


The SPICE Overdose Response Guide for Professionals **Remember in an emergency always phone 999**



Unconsciousness

If a person can't be woken by gentle shaking and calling, or you notice a blueness of the skin, including lips or fingernails (or greyish with paler lips for darker complexions).

Action - Make sure they are **lying on their side** so they don't choke on vomit.

Call 999 and listen to instructions

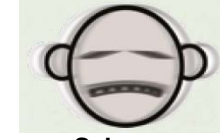


Breathing difficulties

Not breathing

Action - If there is no breathing or it is ineffective, abnormal, then CPR should be attempted. **Phone 999 and listen to instructions**

Fast breathing rate, not settling within 5 minutes.
Call 999 and listen to instructions



Seizures

Convulsion similar to an epileptic fit.

Action - Make sure the area is safe and there is nothing they could hurt themselves on. Call an ambulance. Inform paramedics if the fit stops and starts, if it doesn't stop within a couple of minutes or if the person turns blue.

Call 999 and listen to instructions.



Temperature over 38.5°C

Not settling after about 5 minutes of rest or, if no thermometer is available, if very flushed and feels very hot.

Action – If they are overheating: Cool them down by removing outer clothing, fan them, use a wet cloth on their skin, take them outside or somewhere cool. If they are conscious allow them to sip water or a non-alcoholic drink.

Call 999 and listen to instructions



Severe chest pains

Action - Sit them down in a calm environment and reassure them.

Call 999



Vomiting/feeling unwell

Vomiting is nature's way of saying you've had too much.

Action - Don't give them anything to eat and only let them drink water. If after vomiting they want to sleep, let them.

Make sure they are lying on their side (the recovery position). Monitor the person and call 111 if required.

Call 111 if required and listen to instructions



Hallucinations

Blabbering, incoherent, zombie-like behaviour, panic attacks, repetitive nonsensical actions are common when using Spice.

Action - Take them somewhere quiet where they feel safe. Remember risk management (keep your self safe). Make eye contact, build trust. Calm and reassure them. If they become panicky and you notice them breathing very fast, get them to control their breathing. Monitor the person and call 111 if required.

Call 111, if an emergency this will trigger 999

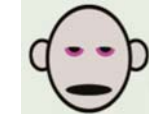
GUIDANCE NOTES

This guide is aimed primarily at non-medical professionals.

In all drugs cases it is advisable **to treat the symptoms and not the drug**. Remember multiple drugs may have been used, people may not have taken the drug(s) they think they have and they may have other health related problems.

In an emergency always phone 999 and listen to instructions

Remember risk management, keep yourself safe



Spice Intoxication

People who have used Spice may act in a disturbing way, be unsteady and appear 'zombie-like' with pale skin and pink eyes. They will be confused, unable to communicate properly and may repeat actions, as short term memory is severely affected. In the vast majority of cases people will not require emergency treatment.

Action – Monitor the person and call 111 if required.

Call 111, if emergency this will trigger 999

Local information for professionals in contact with users of spice in Sheffield



When do I need to involve the police?

Dealing of spice can be from an independent dealer (in the traditional sense) but spice dealing also takes place amongst groups of users. For example an individual has access to money and buys in bulk and then shares/ sells amongst his peers. This is also dealing.

If you suspect or witness spice dealing	Call 101
To report dealing on network rail or station	Call 0822 405040 OR Text 61016

If you have access to the Business Crime Portal you can also report as a police incident

Harm Reduction

Spice is a highly addictive, toxic drug that may lead to death.

The top ten has been created to reduce some of the risks for those already using Spice and provide consistent messages to users. It needs to be emphasised that there is no safe way to use Spice. Spice users should be advised to seek help.

The Top Ten Harm Reduction Messages

- | | |
|---|--|
| 1. Spice is illegal | As of December 2016 most cannabinoids classified under the 1971 Misuse of Drugs Act are Class B substances. |
| 2. Spice is addictive | It is both psychologically and physically addictive and may be as problematic as any of the traditional substances. |
| 3. There is no safe way to use Spice | It may be 100's of times more potent than Cannabis. Spice is more potent, more unpredictable and more dangerous. |
| 4. Start with a very small dose | Use a match head size amount or less. Test every batch because of the hugely varying potency. |
| 5. Try not to use alone | Spice is unpredictable; you never know when you may need someone to summon help. |
| 6. Avoid using Spice with other Substances | Including alcohol, prescribed or over the counter medications. These may interact negatively with the spice and may lead to an increased risk of overdose. |
| 7. Sit down before use | Sit down to avoid falls, trips and collapse. If you are sit down and collapse after use, there is less height to fall. |
| 8. Try to smoke Spice with tobacco | As opposed to neat. Avoid using pipes, bongos or vapourisers. Smoked neat or by one of the other methods will increase to an increased risk of overdose |
| 9. Allow the effects to wear off before using more | Give a good 20-30 minutes to recover before you start to use again. If you start using too soon, there is a higher amount of drugs in your body already and means the affects may lead to an increased risk of overdose. |
| 10. Be aware of the powders at the bottom of a bag | Crystals that fall off the plant and collect in the bottom of the bag are likely to be far more potent/concentrated |

The Sheffield Spice Treatment Pathway

Adults / Over 18s

Open access / drop in /no appointment required



If the person is already in treatment for opiate use at the Fitzwilliam Centre.

SHSC / START, 143-145 Fitzwilliam Street, Sheffield, S1 4JP

Drop in available or Telephone - 0114 30 50 500

If the person is not already in drug treatment at the Fitzwilliam Centre

SHSC / START, Non-Opiate service, 44 Sidney Street, Sheffield S1 4RH

If you do not know if the person is already in drug treatment

Drop in available or Telephone - 0114 272 1481 or 0114 30 50 500

Under 18s

Appointment only



The Corner - A free and confidential drug and alcohol service for young people using substances, aged 10-18 in Sheffield.

The Corner, 91 Division Street, Sheffield, S1 4GE.

Telephone - 0114 275 2051

What About Me - A free and confidential service for young people aged 8 - 18 who are affected by someone else's Drug use.

Email - thecorner.sheffield@cgl.org.uk.