

GHB OVERDOSE

The most distinctive and terrifying feature of GHB is its overdose time course. Within 15 minutes a person's state of mind becomes altered and there is a high possibility of loss of consciousness or an actual coma. Breathing can slow to only four to six breaths per minute. Most people do "sleep off" a GHB overdose; those who don't are called "dead." A GHB overdose **IS** a 911 emergency!

Effects of an overdose: Sleep or deep sedation from which you cannot be awakened by any means for about three hours, and in many cases, death. Passing out while on GHB is sometimes called *carpeting out, scooping out, or throwing down*.

WARNING: If your friend passes out, always seek medical attention immediately, no matter what anyone else tells you.

WHO TO CALL

In case of emergency:
Your first call is always **9-1-1** if someone passes out or you believe needs medical attention.

Do not worry about getting in trouble for your actions. Always err on the side of caution. You may be saving someone's life.

At school functions: During the day, contact the school nurse or your teacher. At after school functions, let a school official, or an adult chaperone know there is a problem.

Away from school: Contact your parents or another adult for help. Call 911 to contact the police or emergency medical services.

Brochure prepared for school use by:



Jib, Scoop, Liquid E, Liquid X, Grievous Bodily Harm, Easy Lay, HGamma 10, Salty Water, GH Buddy, Aminos, Blue Nitro, Blue Thunder, Thunder Nectar, Renewtrient, Revivarant, Remforce, Firewater, Invigorate, Xyrem, Fantasy, One4B, Tranquil G, Midnight Blue, Verve, Rejoov, Somax, SomatoPro, Flower Power, Puritech, Alcover, Griffick, Eclipse, GHGold, Soap, Weight Belt Cleaner, Vita G, Dormir, Enliven, Serenity, Inner G, Zen

So Many Names . . .

. . . So Many Dangers

GHB WHAT IS IT?

Gamma hydroxybutyrate (GHB) is an illicit chemical that has become a major cause of drug-related comas in the U.S. It now outpaces overdoses from MDMA (Ecstasy). GHB is a clear liquid that looks like water. It is usually found in a small (30 ml) clear plastic bottle, a water bottle, or even Gatorade bottles which contain several doses. Not as common is a white powder.

WHO USES GHB?

- Attendees at dance clubs or “rave” parties to alter mood.
- Sexual predators of all ages know that a user, who may be unknowingly dosed, may be easily taken advantage of in an assault.
- In some cases it is used for rape or robbery purposes.
- Bodybuilders using it as a substitute for steroids.
- Gay and lesbian populations as a recreational drug.

GHB EFFECTS



GHB's effect on the brain in low doses produce a euphoric feeling as inhibitions are depressed. Desired effects like feeling affectionate and playful, mild inhibition, and muscle relaxation may sound inviting but the consequences of a wrong dose are dramatic. When the dose is increased loss of coordination, possible nausea, difficulty concentrating, loss of gag reflex and profound coma can result.

Many people have bad reactions.

These can include headaches, dizziness, drowsiness, amnesia, vomiting, loss of muscle control, respiratory problems, loss of consciousness, being conscious but unable to move, and death — *especially when combined with alcohol or other drugs.*

The variable effects of GHB mean that a teaspoon might be perfect this time but become a deadly overdose the next time.

GHB PROTECTION

If you are at a party:

- Do not take drinks from a stranger.
- Do not leave your drink unattended.
- Don't drink from open containers like a punch bowl.
- Drink from tamper-proof bottles or cans, and open them yourself.
- Be wary of drinks that taste salty or soda that is flat; these can be signs of GHB.
- Be suspicious of eyedroppers, small mouthwash bottles and bubble solution — they are often used as GHB containers.
- Report anyone who tampers with a drink.

Note: Because of its usually salty or chemical taste, GHB is often disguised in sweet or fruity drinks when given to unknowing victims for the purposes of rape or robbery. Possession of GHB or dosing someone with GHB is a criminal offense.