

Jugendamt

NÜRNBERG

OVERDOSED?



## HERBAL BLENDS – SOUNDS HARMLESS?

**THE NAME IS MISLEADING!** This drug is strongly underestimated by many of its consumers. The blends contain synthetic cannabinoids, i.e. artificially produced cannabis. The active substances are thus usually stronger than the cannabis contained in THC.

**SIDE EFFECTS** include nausea, vomiting, circulatory collapse, fainting, symptoms of paralysis, outbreaks of sweating, heart palpitations, psychosis and even the fear of dying.

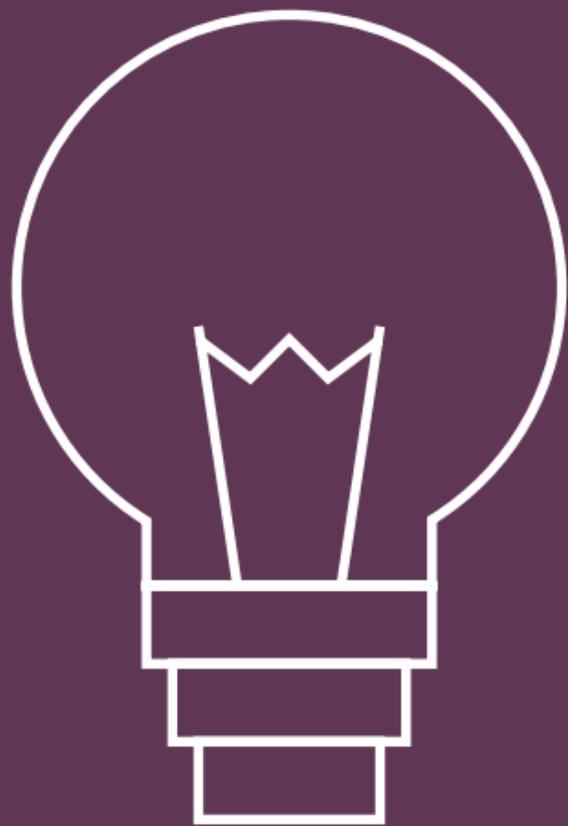
**THE CAUSE** is the strongly variable concentrations of the synthetic cannabinoids that are added to the mixtures. If a sachet has a very low active substance content, it can have subsequent life-threatening effects! We strongly advise you against consumption!

## WHY ARE WE DISTRIBUTING THIS FLYER?

### **WE DO NOT WANT THIS FLYER IN THE CONSUMPTION OF INTOXICANTS FOR WELL EXPLAINED!**

This flyer generally advises you against raking narcotics, about their different risks and side effects, and is designed to inform you about the legal and health aspects. Overleaf you will find our contact details.

We are distributing this flyer to consumers and non-consumers, as it is important to us that EVERYONE takes responsibility.



## TIPS

TIPS to minimise the risk of an overdose or a "bad trip" when using herbal blends:

01

Be well-rested, and physically and mentally fit.

04

Do not consume by yourself and watch out for your friends.

02

Do not consume alcohol at the same time.

05

Tell your friends about your own consumption.

03

Test the substance and wait to see its effects (otherwise you risk an overdose).

06

Include "chill-out" phases (eating, resting, etc.).

There is no such thing as risk-free drug use!

## FACTORS

that can influence  
the effect of a substance:

NEVER MIX YOUR DRUGS!!!



OVER-  
DOSED?

### 1. THE SUBSTANCE ITSELF

quality, dose, purity

### 2. YOUR PERSONALITY

mood, character

### 3. THE ENVIRONMENT

friends, location

You should avoid the mixed consumption of drugs, as in most cases the different individual effects of narcotics are not compatible! This can influence your body, as well as your psyche in various ways.

**THE CONSEQUENCES CAN BE:** Loss of consciousness, circulatory problems, "bad trips", or similar. This is highly detrimental to your body and can become dangerous. If it comes to this, it is important to have read the **First Aid rules** contained within this brochure.



## FIRST AID RULES

Drugs are always connected with risks. Inform yourself and watch out for yourself and your friends. If you see someone who seemingly does not feel well, talk to them in a soft voice.

As a general rule: Keep calm. It is better to think for a moment than to exacerbate everything frantically. In the case of an emergency, contact a doctor immediately.

**EMERGENCY NUMBER: 112**

## PSYCHOLOGICAL PROBLEMS

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Take the person to a quiet place and do not leave them by themselves.

Deal with them empathetically and hold conversations without blaming them.

Distract the conversation to pleasant or nice things.

Physical contact can help, as long as the person wants it.

## CIRCULATORY PROBLEMS

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Take care for fresh air, cool drinks (no alcohol) & something small to eat. (chocolate bar, pretzel, etc.)

Put their legs up and if necessary cool their neck and underarms.

If the person is cold, provide warmth with a coat, blanket or the like.

Vitamin C & minerals (e.g. juice drinks) help, as does glucose and magnesium.

01



02



03



04



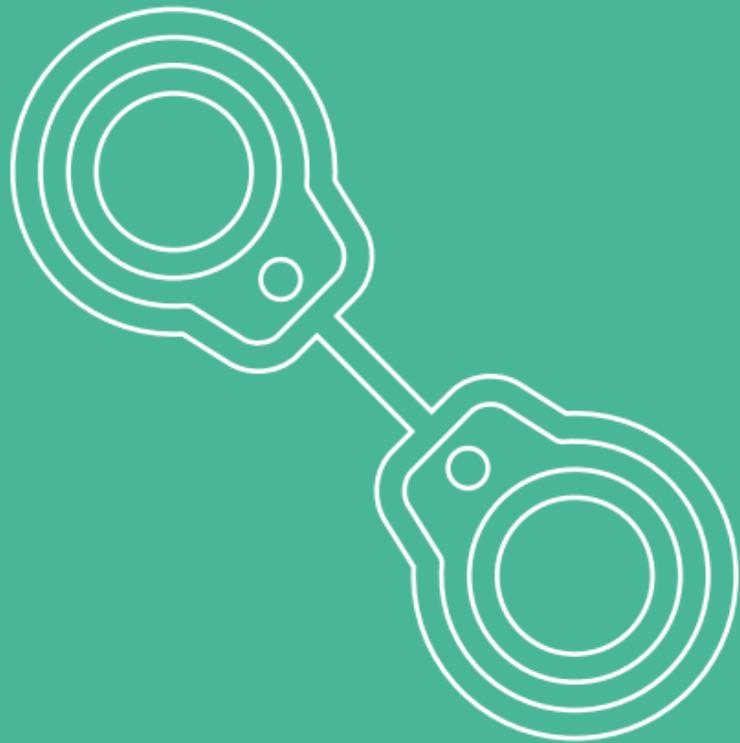
## LOSS OF CONSCIOUSNESS

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Immediately call an ambulance (112) and report the unconscious, unresponsive person.

Do not inform the doctor about the consumption of drugs over the telephone – only on site (they are tied to a duty of confidentiality!)

Bring the person into a stable recovery position. Make sure that no vomit is in the throat. If there is, use your fingers to free the mouth and neck!



## LEGAL ASPECTS: BtmG

**BtmG:** So called "herbal blends" can fall under the Betäubungsmittelgesetz [German Narcotics Act]! This always depends on the herbs and active substances that they contain! However, as you can never know which ingredients a herbal blend really contains, it is better to stay away from it! Likewise, various substances are continually added to the BtmG. This means that an active substance that is still allowed might no longer be allowed in a few weeks.

**THE POSSESSION, SHARING, AND SALE OF HERBAL BLENDS CAN THUS BE A PUNISHABLE OFFENCE.** Persons also commit an offence if they have bought these mixtures before the ban and are still in possession of the substances or of remnants of them afterwards.

## LEGAL ASPECTS: StVO

**You should also think about the fact that you must only participate road traffic (driving a car, riding a bicycle, etc.) if you are in the right state for it!** This means you must neither be extremely tired, nor have consumed alcohol or narcotics.

**For drugs, you have to have been "clean" for several weeks!** Residues can be found in your urine and in your body hair for many weeks. If it can be proven that you have driven whilst intoxicated, you can risk not only your driving licence, but also you can be denied obtaining a driving licence.



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