

Signs /Symptoms (progressive)

- Pale, Sweaty, restlessness, nausea and vomiting.
- Rapid shallow pulse and breathing.
- Shortness of breath.
- Wheezing.
- Using accessory breathing muscles.
- Rash Itchiness, red and swollen skin which may turn blue.



Action

- Identify yourself, maintain and monitor ABC's.
- Ask / check to see if the patient has their own adrenalin or epipen. If so assist to administer.
- Treat for symptoms present.
- **Call an ambulance.**

May

Different Types of Medications:

Prescription medications (have to be prescribed by a DR, can only be dispensed from a pharmacy and are only for one person)

Over the counter (otc) medications which, include both Herbal medications and general otc medications, can be bought off the shelf and can be used by anyone

Important PRESCRIPTION Medicine Rules

- Never share your prescription medicine with someone else.
- Never use someone else's prescription medicine.
- With all medicines, always check the dose.

The right dose for you may be different than for your friends or family members

- Use the same pharmacy
- Ask your pharmacist how to take medications until you understand
- Ask before you cut, split, crush or open a pill or capsule
- Take with water. not juice: unless told otherwise by your healthcare provider

Tips for choosing Over the Counter (OTC) medicines

- If you have questions, ask your doctor or pharmacist.
- Although it can seem overwhelming, take the time to look at all the choices.
- Read the label carefully, and note what symptoms the medicine will treat.
- Look for a medicine that will treat only the symptoms you have. For example, if you have only a runny nose, don't pick a medicine that also treats coughs and headaches.
- Note how much medicine you should take and what side effects it may cause.
- Note what medicines or foods you should not take with the medicine.
- Check to see if the medicine causes problems for people with certain health problems (such as asthma or high blood pressure).

ALWAYS CHECK TO SEE IF IT IS SAFE TO OPERATE MACHINERY

What Will Affect a Drug Test?

Other than not taking drugs, the only sure way to pass a drug test (i.e. to test negative) is to make sure your body has metabolised (processed) all of the drug(s) you have taken.

There's no guaranteed way to get rid of a drug other than waiting for your body to metabolise it. If you know you will be drug tested and you are worried, **don't use drugs.**

Always let you're your supervisor/shift boss know if you have been prescribed medication that will make you drowsy.

If unsure please check with your Doctor, Pharmacist or Site Health Nurse



World Tobacco Free Day

31st May 2016

Myths about drug tests

- For example: aspirin, niacin, bleach, vinegar, cranberry juice, and goldenseal will mask or disguise drug use in tests and give you a negative test result.
- There are also products sold that claim they can help you pass a drug test. However, there's no reliable evidence that any of these actually work.



3 May 2016