

3. If unconscious

If a young person is unconscious, the most qualified first aider should:

- **Stay calm.**
- **Check DRABC** i.e. Dangers, Response, Airway, Breathing and Circulation.
- **Call an Ambulance.**
- **Start EAR** (mouth to mouth resuscitation) if not breathing.
- **Start CPR** (Cardio-Pulmonary Resuscitation) if there is no pulse.
- **If unconscious** but breathing and a pulse is present;
 - Clear the airway
 - Loosen clothing
 - Put the person on their side
- **Stay with the young person** until medical assistance arrives.

Other adults present should:

- **Segregate:** Remove other people from the area.
- **Remove paraphernalia:** Retain for identification at hospital if required.
- **Reduce immediate risks** to the young person or surrounding people by;
 - Opening doors and windows if in an enclosed area
 - Removing matches and ensure no smoking
 - Defuse and debrief other young people and other witnesses.

When recovered:

Ask and document: What happened? Which drugs have been taken? How administered? How long ago? Is anybody else involved who might need help?

Warning: Loud snoring or gurgling noises often mean that a person is not just “sleeping off” the effects of inhalant use but is in a coma. Never leave a person like this, try and wake them but if you can’t, call an ambulance immediately.

