

# The Positive Post

## Have you heard of the milk myth to respond or prevent overdose?

**This topic has been circulating in our community and we would like to take an opportunity to BUST this Myth.**

Myths about overdose that often circulate in the community hindering people's chances of survival and, in some cases, increase the risk of death. For instance, submerging a person in the during an overdose in cold water, could cause shock or drowning. Injecting a person with cocaine or meth to counteract an overdose could result in a potentially lethal drug interaction and accentuate medical complications.

Reference: [Overdose Myths](#), Heather Hayes, October 2021



## Drinking Milk

### Where the myth started:

Milk is a well-known home remedy for counter-acting ingested poison. The body's ability to digest milk is dependent on a natural enzyme, lactase, to help process milk's lactose. When the body consumes more milk than their lactase can break down, the milk sits in the stomach and begins to curdle, which causes cramping and, eventually, vomiting, bringing up both the milk and the poison (PSEP.com).

### Why it doesn't work on overdoses:

Heroin and fentanyl are most frequently self-administered through intravenous injection, snorting, or smoking. Purging the stomach is ineffective because the substance is not sitting in the stomach. Inducing vomiting when the respiratory system is shutting down (as it does in an opioid overdose) is dangerous because it can make it even more difficult for the person to breathe (Jacobs).

### Intravenous Shot of Milk

#### Where the myth came from:

This one is purely superstition. It stems from the days when heroin was cut with lactose. If the drug could be thinned out with lactose, surely more lactose in the system would thin it out further. The other fallacy is that calcium in milk will bind to the opioids, and they will safely pass from the system.

### Why it doesn't work on overdoses:

It simply doesn't work on overdoses. All it would accomplish is exposing the overdosed individual to an increased risk of secondary infections and the possibility of a glob of milk fat blocking blood vessels (Drenick). This can result in death for reasons unrelated to the overdose itself. Do not administer milk intravenously.

Reference: [Reversing Opioid Overdose](#), NomoDeaths, August 2019

## Ask The Educator

You can submit your questions to ask the Educator via email, [educationoutreach@positivepathways.com](mailto:educationoutreach@positivepathways.com) by calling our office, [519-973-0222](tel:519-973-0222) and entering extension 109, 115, 116 or 118.

### Dear Educator,

If my friend has an overdose can I get charged if I call 911?

Sincerely,  
Community member

### Dear Community Member,

The [Good Samaritan Drug Overdose Act](#) provides some legal protection for people who experience or witness an overdose and call 911 or their local emergency number for help.

The Act can protect you from:

- Charges for possession of a controlled substance (i.e. drugs) under [section 4\(1\) of the Controlled Drugs and Substances Act](#)
- Breach of conditions regarding simple possession of controlled substances (i.e. drugs) in:
  - pre-trial release
  - probation orders
  - conditional sentences
  - parole

The [Good Samaritan Drug Overdose Act](#) applies to anyone seeking emergency support during an overdose, including the person experiencing an overdose. The Act protects the person who seeks help, whether they stay or leave from the overdose scene before help arrives. The Act also protects anyone else who is at the scene when help arrives.

I hope this information will be helpful, thank you for your question. If you require anymore information please don't hesitate to reach out at [educationhr@positivepathways.com](mailto:educationhr@positivepathways.com)

Sincerely,  
Lacie Krzemien/ PPCS Harm Reduction Education Coordinator

Overramping	Overdose (OD)
<p><b>Signs of overramping</b></p> <p>Effects of the high can become more extreme with meth overuse. This happens often when someone hasn't slept or eaten in a while. These can include:</p> <ul style="list-style-type: none"> <li>• Rigid, jerking limbs</li> <li>• No pulse or no breathing</li> <li>• Irregular heartbeat or chest pain</li> <li>• Skin feeling hot or sweaty</li> <li>• Severe headaches</li> <li>• Anxiety, paranoia, confusion, agitation, or hallucinations</li> </ul>	<p><b>Signs of a stimulant overdose</b></p> <ul style="list-style-type: none"> <li>• Crushing chest pain</li> <li>• Seizures</li> <li>• Unconscious or in-an-out</li> <li>• No pulse or no breathing</li> </ul>

Overramping	Overdose
<p><b>What to do:</b></p> <ul style="list-style-type: none"> <li>• Be calm, help the person be calm</li> <li>• Try to get them to slow down and rest</li> <li>• Give them water and keep them hydrated</li> <li>• Try to cool them down</li> </ul>	<p><b>What to do:</b></p> <ol style="list-style-type: none"> <li>1. Call 911 (or get someone else to call) for an ambulance and report back.</li> <li>2. <b>Stay and help.</b> Even if you've taken drugs or have some on you, the Good Samaritan Drug Overdose Act may protect you.</li> <li>3. If a person is unconscious or has stopped breathing, give breathes. For those trained in CPR, if a person's heart has stopped (they have no pulse), give chest compressions too.</li> <li>4. Tell paramedics as much as you can about what happened.</li> </ol> <p>If you have to leave the person alone, put them in the recovery position.</p>

## June 2023: Calendar Dates

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>Did You Know...</b> That we can deliver harm reduction supplies direct to you. It's free and can be anonymous, if you choose. Simply call or text our mobile number, (519) 257-9646 or email us at <a href="mailto:harmreduction@positivepathways.com">harmreduction@positivepathways.com</a>.</p>		<p>*Check Website for Time and Location Details: <a href="http://positivepathways.com">positivepathways.com</a></p>		<p>1</p> <p>ECHH/VP Outreach and Harm Reduction Education <b>1:00pm to 3:00pm</b></p>	<p>2</p>	<p>3</p>
4	<p>5</p> <p>H4, Outreach and Education <b>1:30pm to 3:30pm</b></p>	6	7	<p>8</p> <p>Victoria Place, Sexual Health Outreach Education <b>1:00pm to 3:00pm</b></p>	9	10
11	<p>12</p> <p>H4, Outreach and Education <b>1:30pm to 3:30pm</b></p>	13	14	15	16	17
18	<p>19</p> <p>H4, Outreach and Education <b>1:30pm to 3:30pm</b></p>	20	21	<p>22</p> <p>ECHH/VP Outreach and Harm Reduction Education <b>1:00pm to 3:00pm</b></p>	23	24
25	<p>26</p> <p>H4, Outreach and Education <b>1:30pm to 3:30pm</b></p>	27	28	29	30	