

What You Need to Know About

Overamping

Stimulants, like amphetamines or cocaine, can affect the brain and body when someone uses too much. This is called “overamping.”

Common Signs of Overamping

- Chest pain or pressure
- Racing heart
- Severe headache
- Slurred speech
- Weakness on one side of face or body
- Can't sleep
- Agitation
- Hallucinations (seeing or hearing things other people don't)
- Feeling overheated, high temperature
- Not eating or drinking

When to call 911

- Overheating (temperature is 104° or higher), especially if the person is confused or unconscious
- Stroke-like symptoms (severe headache, slurred speech, disorientation, one-sided weakness)
- Heart attack symptoms (chest pain or pressure, trouble breathing, nausea, racing or slow heart rate)
- Seizure

How to Relieve Mild Symptoms

- Take a nap
- Use ice packs or a cool shower
- Drink water or sports drink with electrolytes
- Eat some food

How to Avoid Overamping

There are things that can help reduce the risk of overamping.

- Get enough sleep
- Eat something and drink plenty of water
- Use in a comfortable environment with trusted friends
- Try breathing or meditation exercises
- Go for a walk and get fresh air
- Take a warm shower
- Get checked out at a local clinic that you trust, where you can be honest about drug use
- Have someone you trust check in on you
- Learn how to administer naloxone in case of overdose, especially if using with other drugs, like opioids.

Overamping and Infectious Disease

Using drugs may alter judgment, lower inhibitions and can increase risky sexual behaviors. Having unprotected sex or sharing “works,” such as needles and syringes, can transmit infectious diseases like HIV, hepatitis C, and infective endocarditis. For more information, visit recoveryiscommunity.org/id.

Contact Us

Call your county SCA (Single County Authority) for Substance Use Services:

Crawford County Drug & Alcohol
1-814-724-4100

Erie County Office of Drug and Alcohol
1-814-451-6877

Venango County Substance Use Program
1-814-432-9111

Armstrong-Indiana-Clarion Drug and Alcohol Commission, Inc. (AICDAC)
1-814-226-6350

Learn More

To learn about more free resources, visit community.recoveryisnwpa.org.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$500,000 with 100 % funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, HRSA/HHS, or the U.S. Government.