

HOW TO RESPOND TO AN OPIOID OVERDOSE

START

1. Shout for help, approach the person with care & check for 1 or more of these signs of an overdose



Blue lips or nails

OR



Dizziness & confusion or drowsiness or difficulty staying awake

OR



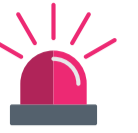
Choking, gurgling or snoring sounds or slow, weak, or no breathing

OR



Cannot be woken up after calling to them or nudging their foot

2. Call 999 OR 112



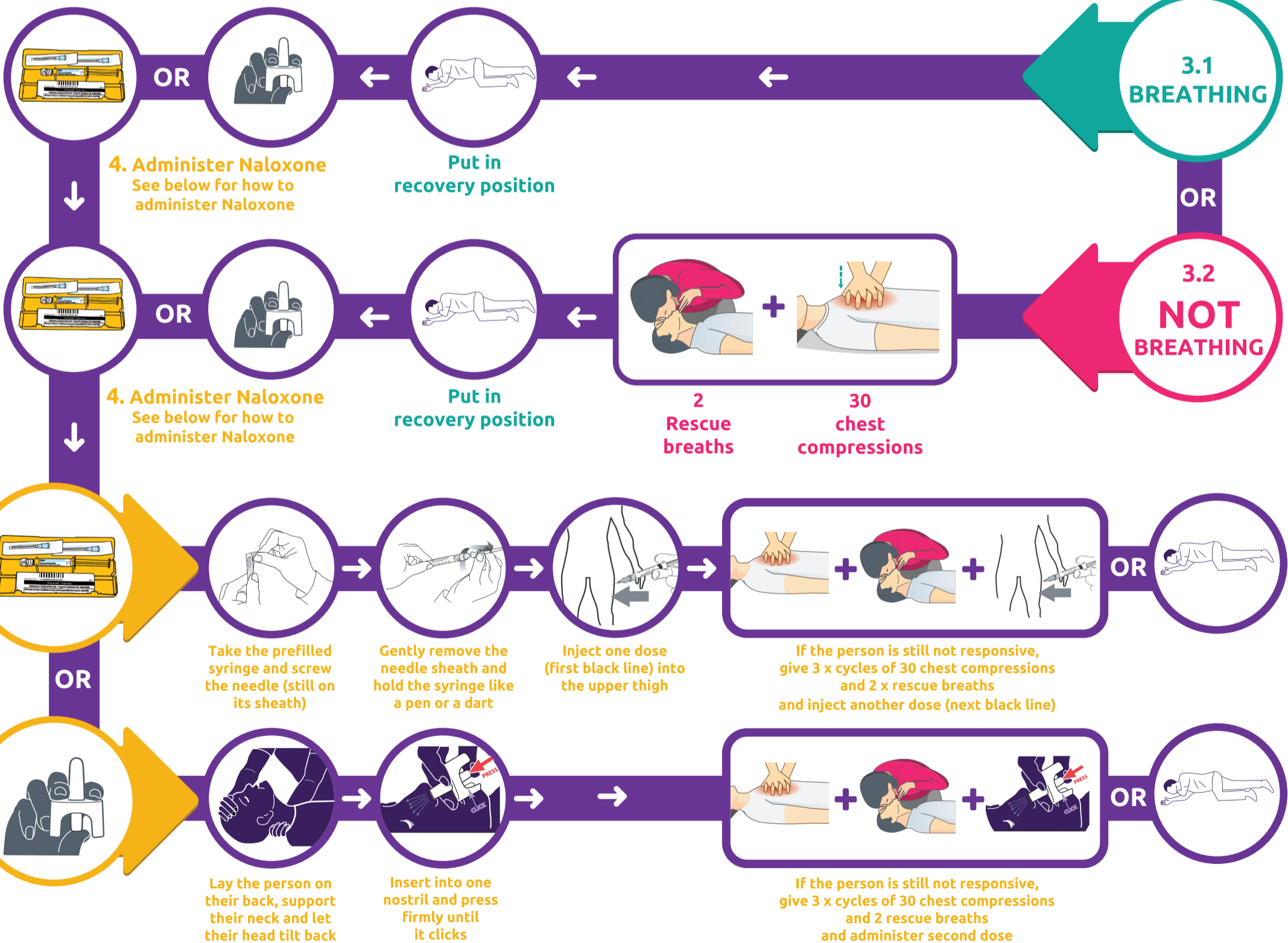
An Overdose is a medical emergency, Call 999 or 112 and follow their instructions.

3. Check for breathing (place your ear close to their mouth and listen for breathing)



DO NOT! RESPONSE MYTHS:

- X** Inflict pain - this would harm the person
- X** Put the person in a bath or shower - the person could drown or go into shock
- X** Induce vomiting - the person could choke
- X** Inject with a stimulant or other substance - this won't help and could cause more harm
- X** Let them sleep it off - the person could stop breathing and die
- X** Leave the scene - you may be the only one that could help



When the person wakes up

1. Explain what happened so the person is aware →
2. Naloxone wears off in 30-90 min, Support the person not to use opioids or other drugs e.g alcohol, benzodiazepine →
3. Stay calm and comfort the person, they may be experiencing unpleasant withdrawal symptoms →
4. Stay with the person until the ambulance arrives

