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



lips or nails



Dizziness & confusion or drowsiness or difficulty staying awake



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



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:

this would harm the person

Inject with a stimulant or other substance this won't help and could cause more harm

Put the person in a bath or shower the person could drown or go into shock

Let them sleep it off -X the person could stop breathing and die

Induce vomiting the person could choke

Leave the scene you may be the only one that could help

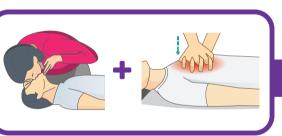
> 3.1 **BREATHING**

4. Administer Naloxone See below for how to administer Naloxone

OR

OR

Put in recovery position



2 Rescue breaths

30 chest compressions OR

3.2

NOT

4. Administer Naloxone See below for how to administer Naloxone

Put in recovery position

Take the prefilled svringe and screw the needle (still on

its sheath)

Gently remove the

needle sheath and

a pen or a dart

Inject one dose (first black line) into



If the person is still not responsive, give 3 x cycles of 30 chest compressions and 2 x rescue breaths and inject another dose (next black line)



Lay the person on their back, support their neck and let their head tilt back



Insert into one nostril and press firmly until it clicks



If the person is still not responsive, give 3 x cycles of 30 chest compressions and 2 rescue breaths and administer second dose

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 tonot 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



OR