

## RECOGNISING SIGNS OF OVERDOSE

No response when you call their name or tap their shoulder, 'pinned' (small) pupils, blue lips, cool, pale or clammy skin, shallow infrequent breathing, snoring or gurgling sounds or not breathing at all.

## RESPONDING TO OVERDOSE

Check for a response, talk and touch, say their name. Squeeze their shoulder and ask them to open their eyes. Some people even say things like 'naloxone' or 'cops' to try and get a response.

## NO RESPONSE? CALL 000 FOR AN AMBULANCE

Check the person is breathing -  
2 substantial breaths every 10 seconds.  
If they are breathing, put them on their side in the recovery position.

*\*If pregnant- Lay them on their LEFT hand side.*

## NOT BREATHING?

Open their mouth and check there is nothing blocking their airway e.g vomit.

Clear the airway.

- Still not breathing?
- Roll them onto their back.
- Lift their chin & tilt their head back
- Use your fingers to pinch their nose shut
- Place your mouth over their open mouth
- Gently blow into their mouth-check that their chest rises & falls with each breath.



AFTER A COUPLE OF BREATHS -

## IF THEY ARE STILL NOT BREATHING NORMALLY YOU WILL NEED TO ADMINISTER NALOXONE

AMPOULE INSTRUCTIONS = BLACK / NYXOID NASAL SPRAY INSTRUCTIONS= BLUE / PRENOXAD INSTRUCTIONS = GREEN

- Snap open the ampoule / peel the back off of the nasal spray pack/twist open yellow case
- Twist the needle tip onto the 3ml syringe, remove the cap carefully & insert needle into ampoule.
- Draw up all of the naloxone into the syringe.
- Inject at 90degree angle into their thigh or shoulder muscle / Tilt head back & insert nasal spray into the nostril/ Attach one of the needle tips
- Note\* Don't remove their clothing, inject straight through it/ Do Not test the nasal spray/
- Use entire contents of 0.4mg ampoule/1.8mg spray/ Push the plunger to the first black line to give them ONE of the doses (0.4ml)
- Write down the time/and nostril side that you give it

## STARTED TO BREATHE?

Roll them onto their side in the recovery position & watch them to make sure that they keep breathing.

**STILL NOT BREATHING?** Keep breathing for them.

**STILL NOT BREATHING NORMALLY AFTER 2-3 MINUTES?**

- Repeat the steps as before.
- Give them a second dose of naloxone in an ampoule or the Nyxoid nasal spray
- note the time that you give the second dose & any subsequent doses.

## AFTER AN OVERDOSE

- When they wake up, explain what has happened & that you have given them naloxone.
- They may not want to wait for the ambulance. Reassure them and encourage them to seek medical assistance.
- Stay with the person.
- They may experience some withdrawal symptoms and may want to use again. Explain that the naloxone *will wear off in less than an hour* and that they will feel high again.  
They may even drop again from the first shot!

## F.A.Q FREQUENTLY ASKED OVERDOSE QUESTIONS

### WHAT IS NORMAL BREATHING ?

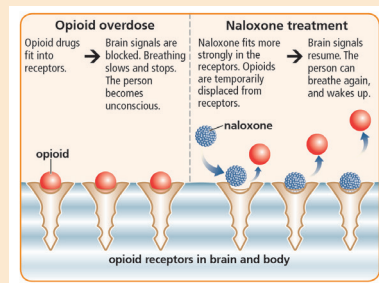
"Normal breathing" is 2 substantial breaths every 10 seconds. *An occasional gasp, snoring or gurgling sound is NOT normal breathing.*

### WHAT IS NALOXONE?

Naloxone is a fast acting medication that reverses the effects of an opioid overdose. Side effects are extremely rare however, you may feel the

temporary symptoms of opioid withdrawal. Some people may know naloxone by it's commonly known brand name Narcan®. It is the same medicine that ambulances carry for opioid overdoses.

**Naloxone CAN NOT be used for benzo, GHB, methamphetamine, alcohol etc overdoses! It ONLY works on natural & synthetic OPIOIDS ie. heroin, morphine, methadone, codeine etc.**



### WHO CAN BE GIVEN NALOXONE?

Naloxone can be given to ANYONE who has overdosed on opiates. With monitoring, it is SAFE for use in opiate overdose of people of all ages including \*pregnant and nursing mothers.

### PREGNANT?

*\*Extra consideration should be taken if the overdosed person is pregnant. Always place them in the recovery position on their left hand side. This is to avoid the weight of the fetus restricting the flow of blood and oxygen to the rest of the body.*

FOR MORE INFO CONTACT HARM REDUCTION VICTORIA 9329 1500



**ALWAYS DISPOSE OF SHARPS SAFELY!**

# Opiate OVERDOSE



**D.O.P.E.**

DRUG OVERDOSE PREVENTION EDUCATION

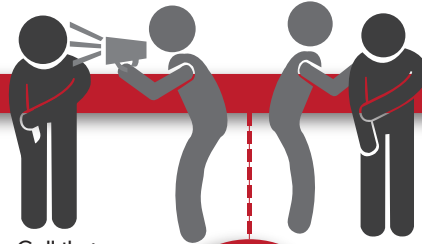
STEP BY STEP QUICK REFERENCE GUIDE TO USING NALOXONE FOR OPIOID OVERDOSE

*\*ampoules*

**1**

**RESPONSE**  
DO THEY  
RESPOND?

TALK & TOUCH



-Call their name

-Squeeze their shoulder

RESPONSE?  
**YES**



STAY WITH THEM

**2**

**BREATHE**  
ARE THEY  
BREATHING?

LOOK-LISTEN-FEEL

-Look at chest for movement  
-Listen & Feel for breath



RESPONSE?  
**NO**

BREATHING?  
**YES**



IF STARTED BREATHING

-Roll them into  
the recovery position  
-Stay with them until  
ambulance arrives

**3**

ACT

STILL NOT  
BREATHING?



TELEPHONE 000

-You DO NOT need to  
say it is an OVERDOSE

Police DO NOT routinely  
attend overdoses



BREATHE FOR THEM

-Clear airway with your fingers  
-Lift chin & tilt head back  
-Pinch nose shut with fingers  
-Gently blow air into lungs

BREATHING?  
**NO**

BREATHING?  
**YES**

**4**

INJECT

NOT BREATHING  
NORMALLY?

INJECT NALOXONE

-Attach needle tip,  
-Snap open ampoule and draw up liquid  
-Inject all of 0.4ml - straight through clothing  
at 90 degree\* angle  
-Note the time given



UPPER OUTER ARM

UPPER OUTER  
BUTT CHEEK

UPPER OUTER THIGH

BREATHING?  
**NO**

BREATHING?  
**YES**



IF STARTED BREATHING & AWAKE

-Roll them into recovery position  
-Stay with them

**5**

**BREATHE**  
NOT BREATHING  
NORMALLY?



KEEP BREATHING FOR THEM

- Keep breathing for 3 minutes

BREATHING?  
**NO**

BREATHING?  
**YES**



-Keep them alert & calm

**6**

**INJECT**  
STILL NOT AWAKE  
OR BREATHING  
NORMALLY?



3 minutes

AFTER 3 MINUTES- INJECT 2ND DOSE OF NALOXONE



BREATHING?  
**NO**

BREATHING?  
**YES**



-Explain what has happened &  
that you've given them Naloxone  
and that it WILL wear off-  
so not to use again!

**7**

**REPEAT**  
STILL NOT AWAKE  
OR BREATHING  
NORMALLY?

YOU CAN KEEP REPEATING STEPS 4,5 & 6 UNTIL THEY ARE AWAKE & BREATHING OR THE AMBULANCE ARRIVES.  
BE SURE TO TELL THE PARAMEDICS HOW MANY DOSES OF NALOXONE YOU'VE GIVEN, THEN LET THEM TAKE OVER.