**Opioid Overdose**

**RESPONSE PLAN**

1. Before you act, check for danger. Look out for things like needles or angry bystanders.

2. Try to get a response from the person by calling their name, shouting at them and shaking their shoulders.

3. **If there is no response**, dial 000 and ask for an ambulance. Give the emergency operator the information they ask for. Don’t delay. Police do not routinely attend overdose emergencies.

4. **Put the person in the recovery position**, as shown below:

   a) RAISE ARM  
   b) SUPPORT HEAD
   c) LIFT LEG  
   d) ROLL OVER

5. **Then tilt the head back**, clear airway if needed, and make sure that their airway will stay open and clear.

6. **Assemble and use the naloxone**, following the steps on the next page.

**AFTER GIVING NALOXONE INJECTION**

- **If the person’s heart is beating but they are not breathing**, apply rescue breathing – if you know how or are comfortable doing so (2 slow breaths to start, and then 1 breath every 5 seconds).

- **If there are no signs of life**, in addition to the steps already taken, start CPR – if trained or comfortable doing so.

- **If the person does not begin to breathe two to three minutes after giving the first dose of naloxone**, give a second dose and continue other measures.

**AFTERCARE**

Naloxone usually wears off in 30 to 90 minutes. When this happens, the person might drop back into overdose. This is more likely if the person has taken other depressant drugs, like alcohol or benzodiazepines. If more naloxone is needed, use it.

It is very important that an ambulance is called so that professional medical help is on the way.

If someone is given naloxone they should not be left alone and should be discouraged from using any drugs for at least two hours.

**SIGNS OF OPIOID OVERDOSE**

- LIMP BODY
- HEAVY ‘NOD’ OF THE HEAD
- SNORING/GURGLING NOISES
- IRREGULAR/SHALLOW BREATHING – OR NO BREATHING AT ALL
- POSSIBLE VOMITING
- BLUE LIPS – IF PALE SKINNED
- ASHEN LOOK – IF DARK SKINNED
- UNRESPONSIVE
Assembling and using
NALOXONE AMPOULES

1. Attach a 23 gauge needle to the 3 mL syringe.

2. Carefully tap or swirl the ampoule to make sure all of the medicine from the top gets down into the base.

3. Hold the main body of the ampoule in one hand and the narrow top with the other.

4. (Once broken the ampoule will have a sharp edge. When breaking the ampoule, you can avoid cuts by using a tissue or swab wrapper to hold the top of the ampoule).

5. Snap the ampoule top away from you with gentle pressure.

6. Draw up all of the naloxone from the ampoule.

7. Hold the syringe like a pen or dart and at 90 degrees.

8. Inject full amount into the upper arm or outer thigh.

9. Note the time so you can inform the paramedics.

If you need to give another dose follow the same steps.