Opioid Overdose
RESPONSE PLAN

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

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.

DISPOSE OF ALL NEEDLES, SYRINGES AND AMPOULES SAFELY INTO A SHARPS CONTAINER WHERE POSSIBLE
Assembling and Using Prenoxad

READY FOR USE

Prenoxad contains five doses of naloxone in a single syringe. Start by giving one dose as shown below, and give another dose if needed.

1. Remove the clear film wrapping by pulling the red tear strip on the side of the box. Twist the outer plastic to break the tamper evident seals and open.

2. Unscrew the clear plastic top from the syringe.

3. Peel back the backing paper from the needle packet and remove the needle, keeping it in its protective sheath.

4. With the needle still in its sheath, screw the blue fitting onto the syringe. Remove the cap by twisting it instead of pulling it.

5. Hold the syringe like a pen or dart. Insert the needle at right angles (90 degrees) into the outer thigh or upper arm muscle, through clothing if necessary.

6. Inject the first dose of 0.4 mL Prenoxad Injection by holding the syringe steady and pushing the plunger to the first black line, marked by a ‘1’.

7. Take out the syringe with the needle attached and safely put it back into the case.

8. If you need to give another dose, inject to the next black line.

After using Prenoxad Injection, keep the syringe in the box and safely hand it to the ambulance crew.