

## You can be at greater risk of an overdose if:

- You mix opioids with other drugs such as alcohol and benzos
- You haven't used opioids in a while (after time in prison or police cells, after detox, after a period of abstinence/ not using)
- You're using alone
- The strength of the drug changes.

## Cautions

- ⇒ Naloxone should never be considered as a safety net to take extra risks.
- ⇒ Naloxone only works if someone has taken an opioid—it won't work for other drugs or medications.

*Remember to stay safe,  
use protective equipment and  
dispose of any sharps safely!*

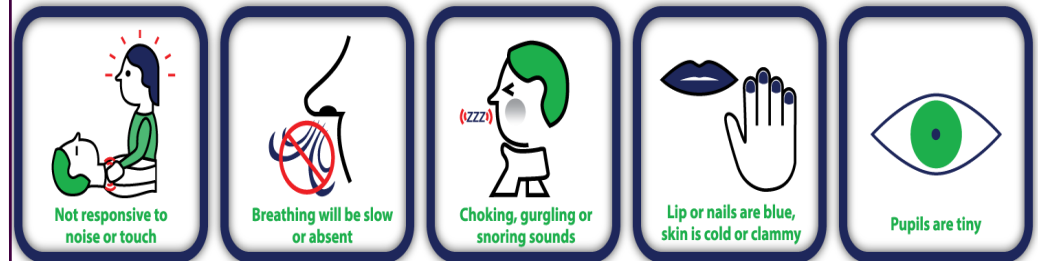
## Naloxone Emergency Kit

This kit contains:

- |                                 |                        |
|---------------------------------|------------------------|
| 2 x 1ml Naloxone 0.4mg ampoules | 2 x 3mls syringes      |
| 4 x alcohol swabs               | 2 x 23G or 25G needles |

Please note: you need to store the ampoules below 25°C and protect them from light.

## Signs of an overdose



- ⇒ If you can't get a response from someone don't assume they are asleep
- ⇒ Unusual or deep snoring is a common sign of OD
- ⇒ Do not leave people to 'sleep it off'.

# OPIOID OVERDOSE—WHAT TO DO

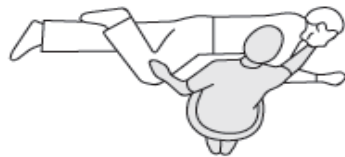
1. Safety: Check the person is in a safe place and that you can't wake them up
2. Call an ambulance (111)
3. Make sure their airways are clear and place the person in the recovery position

## The Recovery Position

**Support face** Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



**Lift Leg** Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.

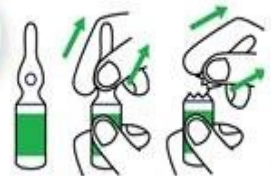


**Roll over** Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



4. Administer Naloxone. Snap open the vial and draw up the contents

1



Tap ampoule to send all liquid to the bottom.

Push top away from you to snap open the ampoule.

2



Pull plunger to draw up liquid

3



Inject into muscle. Press plunger all the way down.

5. After injecting into the muscle (see **3** below) taking note of the time you do this so you can tell the paramedics
6. If the person is not breathing apply rescue breathing (2 breaths every 5 seconds) because naloxone is not effective against respiratory depression. You need to get the person breathing!
7. If there has been no response after 3-5 minutes administer another dose of naloxone and record the time you do this
8. If the person comes around stay with them—naloxone only lasts 20 minutes and they could drop again.

## IM Injection sites

