



QUICK GUIDE

TO RESPONDING TO AN OPIOID OVERDOSE

DANGER

Check the environment is safe.



RESPONSE

Try to wake the person.



SEND FOR HELP

Call an ambulance on **000**.



AIRWAY

Check the airway.



BREATHING

Check if the person is breathing.



NO

One round of CPR
(30 chest compressions
and 2 breaths).



Then administer
naloxone.



Continue rounds
of CPR and
naloxone.



Wait until the ambulance arrives.

YES

Put in recovery
position and give
naloxone.



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ACT OPIOID OVERDOSE PREVENTION and MANAGEMENT PROGRAM

including take-home naloxone for eligible participants

Naloxone is a schedule 4 opioid antagonist that reverses the effects of opioid overdose.

The ACT Overdose Prevention and Management Program is led by the Canberra Alliance for Harm Minimisation and Advocacy (CAHMA) and supported by the Implementing Expanded Naloxone Availability in the ACT Committee. The naloxone in this overdose pack was legally prescribed by a medical practitioner. If you have any questions, please contact CAHMA on **(02) 6279 1670**.

For drug treatment information or support call the Alcohol and Drug Service, ACT Government Health Directorate 24 Hour Phone Line on **(02) 6207 9977**.



THE RISK FACTORS OF OPIOID OVERDOSE

The risk of opioid overdose is increased:

- » When mixing opioids with other depressant drugs such as alcohol or benzo's eg Xanax
- » When using a higher than usual purity or amount
- » After a period of not using opioids, for example after detention, detox, naltrexone or drug-free treatment when your tolerance to opioids (including heroin, methadone, Oxycontin, morphine) is reduced

- » When you have general health issues or are in poor health
- » When using alone with no one able to call for help.

RECOGNISING OPIOID OVERDOSE

Person is unconscious, not responding to their name or shoulder squeeze. Signs of overdose include having blue lips, tongue and hands, cool pale skin, breathing infrequently, making snoring like sounds or not breathing at all and 'pinned' (small) pupils.

RESPONDING TO AN OPIOID OVERDOSE

» **Danger:** Check the environment is safe and clear away any uncapped needles or sharp objects.

» **Response:** Try to wake the person by calling their name and squeezing their shoulder.

» **Send for Help:** Call ambulance on **000**

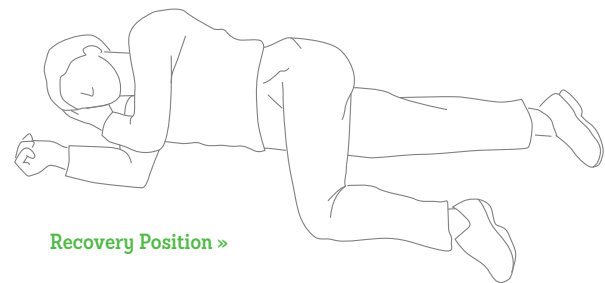
» **Airway:** Check the airway and clear any obstructions.

» Breathing:

- If the person is **not** breathing:
 - Roll onto back, administer one round of **CPR** (30 chest compressions and 2 breaths — see below regarding rescue breathing), then administer naloxone.
- If the person **is not breathing normally**, continue CPR and after 5 minutes, give a 2nd naloxone injection.
- If the person **starts breathing normally** put them in the recovery position until help arrives.

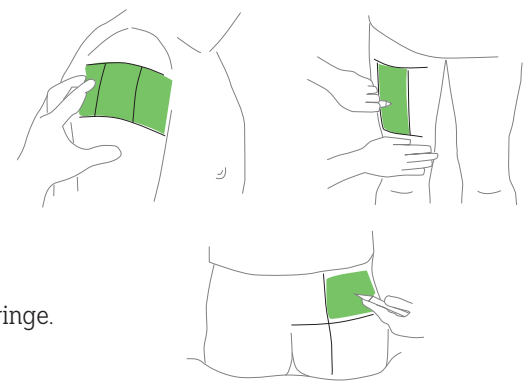
— If the person **is breathing but not responding:**

- Put in recovery position and give naloxone.



GIVING NALOXONE

- » Remove naloxone minijet syringe from box.
- » Attach 23 gauge needle to minijet syringe.
- » Insert at least 1/3 of needle into muscle (upper arm, thigh or outer buttock).
- » Hold needle 90 degrees above skin.
- » Insert needle into muscle.
- » Slowly and steadily push plunger all the way down injecting entire contents of syringe.
- » Put syringe into disposal container (don't re-cap needles).



RESCUE BREATHING

- » Gently move the person so they are laying on their back.
- » Place one hand on forehead and other hand under chin.
- » Tilt the head backwards to open the airway.
- » Put on breathing face mask.
- » Pinch off nose.
- » Seal your mouth over theirs and give quick breaths.

**If you use your naloxone or need another prescription,
please contact CAHMA on (02) 6279 1670.**