

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.

YES

Put in recovery
position and give
naloxone.

Wait until the ambulance arrives.

ACT OPIOID OVERDOSE PREVENTION *and* MANAGEMENT PROGRAM

Including take-home naloxone
for eligible participants

*Naloxone is an opioid antagonist
that reverses the effects of
opioid overdose.*

The ACT Overdose Prevention and Management Program is co-ordinated by the Canberra Alliance for Harm Minimisation and Advocacy (CAHMA) and supported by ACT Health. The naloxone in this overdose pack was provided as part of the ACT Opioid Overdose Prevention and Management Program. If you have any questions, please contact CAHMA on **(02) 6279 1670**.

For further information about drug treatment and support services in the ACT, call the Alcohol and Drug Service, ACT Health 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.

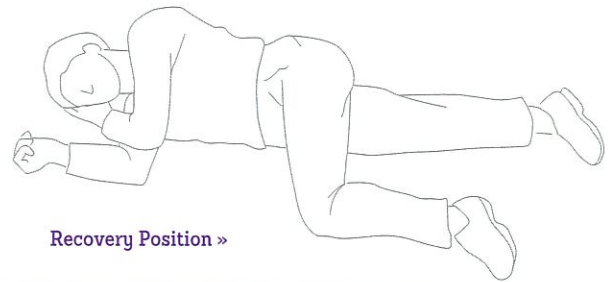
RECOGNISING OPIOID OVERDOSE

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

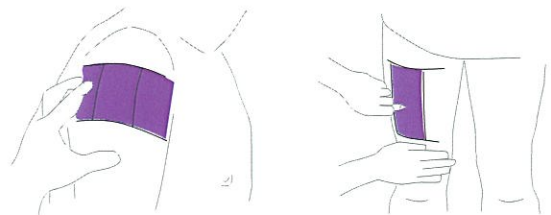
- » **Danger:** Check the environment is safe and clear away any uncapped needles or sharp objects.
- » **Response:** Try to wake the person by calling their name and squeezing their shoulder.
- » **Send for Help:** Call an ambulance on **000**.
- » **Airway:** Check the airway and clear any obstructions.
- » **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

- » From the kit provided attach a needle tip to a 3ml syringe (barrel).
- » Snap lid off ampoule and draw up all of the contents of the ampoule.
- » Insert at least 1/3 of needle into muscle (upper arm, or thigh).
- » Steadily push plunger in all the way, injecting all of the naloxone.
- » Dispose of syringe safely (don't re-cap needle).



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.