

WHAT IS AN OPIOID OVERDOSE?

Opioid use can lead to death due to the effects of opioids on the part of the brain which regulates breathing. An opioid overdose can be identified by a combination of

THREE SIGNS AND SYMPTOMS:

- Pinpoint pupils
- Unconsciousness
- Difficulties with breathing



WHAT TO LOOK FOR IN AN OPIOID OVERDOSE:

HEARTBEAT
VERY SLOW OR STOPPED

FACE

CLAMMY & PALE/GREY
SMALL PINPOINT PUPILS

BODY

LIMP AND DIFFICULT TO WAKE
BLUE / PURPLE FINGERNAILS AND LIPS
LACK OF SPEECH AND VOMITING

SLEEP

FAST ASLEEP & NOT WAKEABLE

BREATHING

VERY SLOW OR STOPPED

WHAT TO DO WHEN SOMEONE OVERDOSES?

ALWAYS CALL FOR HELP

- Emergency - from a cell phone: **112**
- Emergency - Ambulance: **10177**
- You can call 112 from any cell phone, even without a sim card (the call will be untraceable)
- Ask someone nearby to help you care for the person until help arrives!

WHAT TO SAY ON THE PHONE

Use the following key words when talking to emergency services:

They are not breathing

They are unconscious

I can't wake them up

They have collapsed

We are doing CPR

These are key words for the emergency services. You do not need to tell them that it is a suspected overdose. You do not need to give them your real name.

WHILE WAITING FOR THE AMBULANCE:

Do not leave the person alone. Lie them on their side if they are breathing, especially if vomiting to avoid them choking on the vomit. If you know how to, give CPR if they are not breathing, until the ambulance crew arrive and take over.



HOW TO ADMINISTER NALOXONE:

Break open the Naloxone ampoule.

1



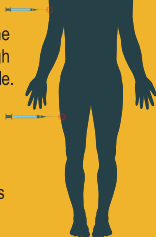
Insert a new syringe into the ampoule and draw up all the Naloxone.

2



3

Inject all of the Naloxone into outer part of the thigh muscle or upper arm muscle.



4

Start chest compressions and rescue breathing, and/or CPR as trained.



OVERDOSE RISKS OF OPIOIDS:

YOU ARE AT RISK OF AN OVERDOSE IF...

- You have not been using, even if for a few days
- You mix different drugs (including alcohol)
- You are also injecting a stimulant (like Tik)
- You are ill or exhausted

NOTE!

Death from opioid overdose can happen many hours after injecting. The first sign of overdose is unresponsiveness (not being able to wake the person up) - get help immediately!



FACTS ABOUT OPIOID OVERDOSES:

You can die from an overdose several hours after using opioids. An overdose isn't always immediate.



Death from overdose is less common in new or inexperienced users. The longer you use, the higher your risk of overdosing.



Mixing drugs with opioids (alcohol, Valium, tik) is the most common cause of death from overdose, not high purity opioids.



WHAT YOU CAN DO TO PREVENT AN OVERDOSE:

- Avoid mixing drugs with opioids (especially alcohol, benzodiazepines, Pax or Valium, and sleeping pills.)
- After not using for a few days, take half your dose and wait for it to take effect before taking the other half.
- Test your stuff. If you are sick, try to recover before using, or use less.
- Be careful when using if you are intoxicated or upset as you might take a larger dose than normal.
- Use with a friend. Don't use alone.

