

HOW TO RESPOND TO AN OVERDOSE



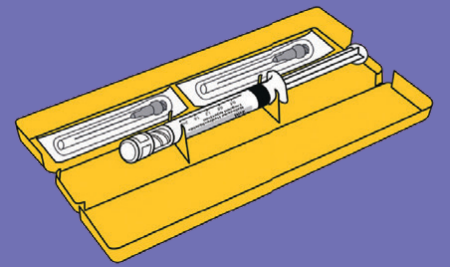
Call 999

Ask for an ambulance - they will not inform the police.
Share location and that you think it is an overdose.
Listen to the call handler's instructions – they are there to help you.



Administer naloxone

Naloxone quickly reverses the effects of an opioid overdose. It is safe to use even if you don't know what they have taken.



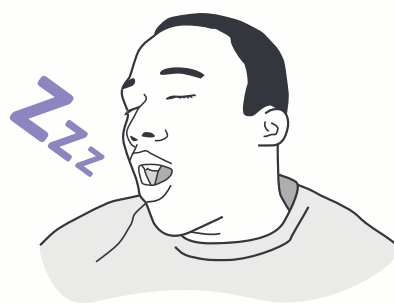
Recognise the 5 Signs of Overdose



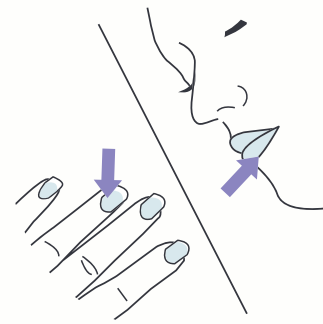
Unresponsive



Shallow or
No Breath



Snoring or
Rattling Breath



Blue or Grey
Fingertips
or Nails



Pale or
Ashen Skin

Know How to Reduce the Risk

- Use with people you trust and avoid using alone
- Test your drugs before using
- Start with a test dose – a small amount to test the strength of your drug
- Avoid mixing with other substances
- Always carry naloxone



**Carry Naloxone - contact your
local service or order a kit online**

www.turning-point.co.uk/overdose

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inspired by possibility

