



Overdose Awareness for Young People

**& how to administer
nasal naloxone spray**



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inspired by possibility



This project is a proud recipient of
the Community Innovation Fund

After today you will...



Know what naloxone is.



Understand what an overdose is.



Have a good understanding of opioids.



Recognise the signs of an overdose.



Know how to respond to an overdose and administer naloxone.



Know what to do after you have used naloxone.



WE WANT TO TEACH YOU ABOUT NALOXONE

**Naloxone is a FIRST AID
medication that can
reverse an overdose
where someone has
taken a substance
containing an opioid.**

**It might help you save a
life of a friend or family
member**

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THIS IS A FIRST AID INTERVENTION

There is no pressure on you to use naloxone.

You are not responsible for keeping the person alive.

HOWEVER learning how to use it may give you more **CONFIDENCE**, knowing how, may take some of the **FEAR** away and enable you to take a bit of **POWER** back in a situation that probably feels really scary.



WHAT'S THE RISK?

The problem with street drugs is that you can never really know what is in them or how strong they'll be.

Someone may think they are being careful, but without realising it they might be taking a much stronger and different drug than they thought.



WHAT IS AN OVERDOSE?

An overdose is when someone takes too much of a substance.

An opioid overdose causes respiratory depression.

This means someone's breathing has slowed down to a dangerous level or stopped completely.

Naloxone can restore breathing giving time for an ambulance to arrive.



WHAT ARE OPIOIDS?



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**Opioids are group of
painkilling drugs. They come
from the poppy plant but can
also be made in a lab.**



Opioids may be prescribed by a doctor
(eg. codeine or morphine) or they can be
street drugs like heroin.

**Opioids slow your breathing. If someone
uses too much it can lead to an OVERDOSE,
when BREATHING SLOWS TOO MUCH OR
STOPS.**

Synthetic opioids (made in a lab) can be
extremely potent and people might not
know they are in the drugs they are using.

This means they are at greater risk of
overdose.





**Is this drug an opioid?
Has it got an opioid in it?**



Ketamine

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Ketamine is not an opioid.

Ketamine is a dissociative anaesthetic. It comes as powder/crystals or sometimes liquid. Like all street drugs, without getting it tested it is impossible to know exactly what is in it. It may contain something that could give you unwanted effects and increase your overdose risk.

Know the risks so you can make the choice that's right for you.

- Start with a small amount
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell seek medical help and call 999 if they become unconscious or unresponsive
- Carry naloxone and tell your friends





**Is this drug an opioid?
Has it got an opioid in it?**



Cocaine

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Cocaine is not an opioid.

Cocaine is a stimulant usually sold as a white powder. Like all street drugs, without getting it tested it is impossible to know what is in it or how strong it is. It may contain something you are not expecting that could give you unwanted effects.

Be cautious about your use & test your drugs if you can.

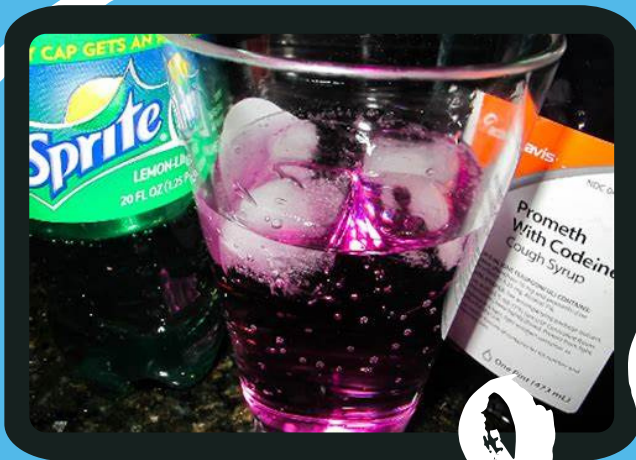
- Start with a small amount
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends

 **Signs of stimulant overdose include sweating, dizziness, chest pain and seizures**





Is this drug an opioid?
Has it got an opioid in it?



Lean

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Lean probably has an opioid in it.

Lean (also known as purple drank or syrup) is a drink that originated in the USA where it is made from a cough syrup that contains codeine & promethazine which is mixed with a soft drink. Codeine is an opioid.

In the UK, Lean is a mix of different 'over the counter' medicines but usually still contains codeine.

Know the risks so you can make the choice that's right for you.

- Start with a small amount
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends





**Is this drug an opioid?
Has it got an opioid in it?**



Heroin

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Heroin is an opioid.

Heroin may also have other more potent opioids in it.

Heroin is an opioid usually sold as a light brown powder. It can be smoked, snorted or injected. It slows heart rate and breathing and using too much can cause an overdose. Some heroin has been found to contain potent synthetic opioids that increase overdose risk.

Be cautious about your use & test your drugs if you can.

- Start with a small amount
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends





Is this drug an opioid?
Has it got an opioid in it?



Xanax

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Xanax is not an opioid. It may have an opioid in it.

Xanax is a benzodiazepine, often prescribed for anxiety. It is fast acting with strong sedative effects. If you use Xanax that was not prescribed to you it is likely to be counterfeit and it's impossible to know what drugs it contains or how strong it is.

Be cautious about your use & test your drugs if you can.

- Start with a small amount (break the bar in 4)
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends





**Is this drug an opioid?
Has it got an opioid in it?**



MDMA/Ecstasy

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MDMA is not an opioid.

MDMA is a stimulant that usually comes in powder/crystal form or as a pill (ecstasy).

Like all street drugs, without getting it tested it is impossible to know what is in it.

It may contain something that could give you unwanted effects or be much stronger than you were expecting.

Know the risks so you can make the choice that's right for you.

- Start with a small amount (1/4 pill or a dab of powder)
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends



Signs of stimulant overdose include sweating, dizziness, chest pain and seizures





**Is this drug an opioid?
Has it got an opioid in it?**



Vapes

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Some vapes could have an opioid or other drugs in them.

Some vapes & liquids have been found to contain synthetic cannabinoids (SPICE), opioids and other drugs that can increase your risk of unwanted and unpleasant effects or even overdose.

Know the risks so you can make the choice that's right for you.

- Start with a small amount (1 or 2 puffs)
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends





**Is this drug an opioid?
Has it got an opioid in it?**



Oxycodone (oxies)

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Oxycodone is an opioid

Oxycodone may contain other potent opioids.

Oxycodone comes in different coloured pills and is usually prescribed by a doctor as a painkiller. If you use oxies that weren't prescribed to you, they could be a completely different drug or have other drugs mixed in them, like synthetic opioids, increasing your overdose risk.

Be cautious about your use & test your drugs if you can.

- Start with a small amount
- Use with people you trust
- Avoid mixing with other substances
- If you or anyone you are with is unwell call 999 or seek medical help straight away
- Carry naloxone and tell your friends





**Who is at risk
of overdose?**

**Anyone using street
drugs is at risk of
having an overdose, but
there are things that
can increase that risk.**



**What do you think
they could be?**

Factors that increase overdose risk...

- ① **Mixing - using more than one drug at the same time, including alcohol.**
- ① **Low tolerance - not used drugs for a while.**
- ① **Change in purity - something unexpected mixed with the drugs or drugs are stronger than usual.**
- ① **Recent overdose.**
- ① **Poor health.**
- ① **Using alone.**
- ① **Injecting.**



**What are the
signs that means
someone might
have overdosed?**



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Five Signs of an Opioid Overdose

1

Unresponsive



2

**Breathing has
shallowed or stopped**



3

**Pale or ashen
skin**



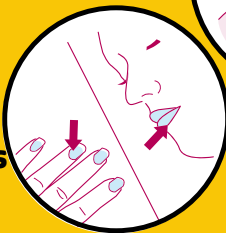
4

**Snoring or rattling
breath**



5

**Blue or grey
lips or fingernails**



What to do if you think someone has overdosed...

Dial 999 & ask for an ambulance

- Try to stay calm, if you are on your own and there are people nearby, shout to them for more help.
- Listen to the call handler they will talk you through what to do.
 - Answer their questions as best as you can.
 - They will ask your name & where you are (address).
 - Tell them that you think they have overdosed on an opioid & that you have nasal naloxone.
- DON'T PANIC YOU ARE NOT ON YOUR OWN.
- Use the nasal naloxone
- The call handler may ask you to put them in the recovery position or give CPR - they will talk you through how to do this.



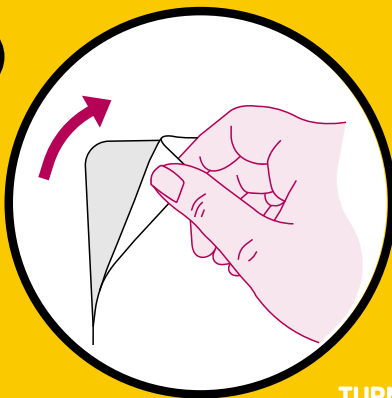
**CALLING 999
IS THE MOST
IMPORTANT
THING**



How to give the nasal naloxone spray

- **Peel off the back of the nasal naloxone container**
- **Remove the nasal spray and place within easy reach**

1



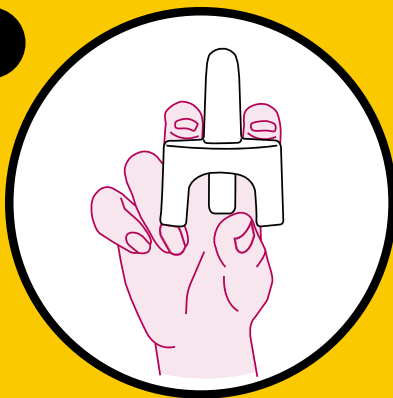
- Lay the person on their back.
- Support the back of their neck & let their head tilt back
- If able, clear their nasal passage (nose) if visibly blocked

2



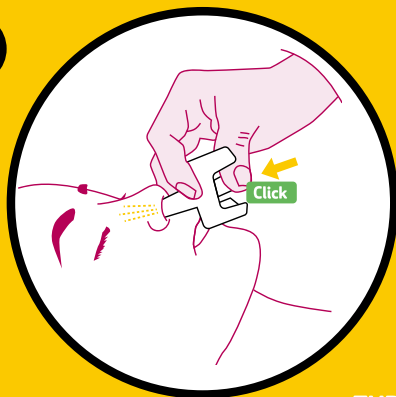
- **Hold the spray as shown – first two fingers either side of the nozzle, thumb ready to push the plunger.**
- **Don't press to prime or test before use**

3



- Gently insert the spray nozzle into one nostril.
- Press firmly on the plunger until it clicks & give the dose
- Remove the nozzle from the nostril.
- Wait 2 minutes.
- If they haven't come round give second dose in other nostril
- Wait for ambulance to arrive.
- Give them the used sprays

4





**Should I still give
naloxone if I'm not
sure they've used
an opiate?**





**Naloxone will only work on
opioids, it is safe to use on
anyone.**

**You can't tell what's in a drug
by looking at it and a person
might not know they have used
an opioid.**





Always Carry Naloxone



**You never know
when you might
need it!**



Always have your carry
case and kit with you.

You never know when you
might need it.

Tell your friends you are
carrying it.



After you have used the kit.

**Know that you have done
something amazing!!**



Many people ask the questions:

- What if it doesn't work?
- What if I don't have the confidence to use it?

**The most important thing
to do is to call 999.**

Don't panic, you are not on your own,
the call handler will talk you
through what you need to do.



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Even if you just call 999 – you have done something amazing!

Make sure you have a plan for looking after yourself.

It can be scary, and you may want to talk what has happened through with someone afterwards.

Make an action plan.





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**STAY CALM &
CALL FOR HELP IF
THERE ARE
PEOPLE NEAR BY**

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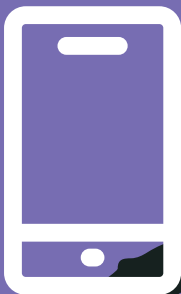




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**CALL 999 &
LISTEN TO THE
INSTRUCTIONS
GIVEN BY THE
CALL HANDLER**





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GIVE NALOXONE



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WAIT FOR THE AMBULANCE

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