

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



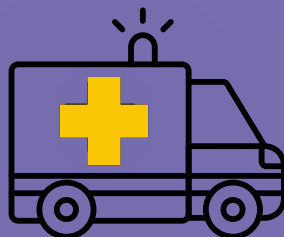
**CALL 999 &
LISTEN TO THE
INSTRUCTIONS
GIVEN BY THE
CALL HANDLER**

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



**ADMINISTER
NASAL
NALOXONE**

**WAIT FOR THE
AMBULANCE**



**Get FREE overdose
training and a
nasal naloxone
kit today from
Turning Point.**



Training is available for both young people
and adults who use substances or are
around other people that use substances -
friends, family or carers.



**Scan me
to find
out more**

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**KNOW
SOMEONE USING
DRUGS?**

**When you take street drugs,
you can never know what is in
them, how strong they are or
what the effect will be.**

**Harm reduction advice
to help keep you and those
you care about safe**

**TURNING
POINT**



WHAT IS NALOXONE? WHY SHOULD I CARRY IT?

Naloxone is a first aid medication that can reverse an opioid overdose.

Drugs are changing. Opioids have been found in drugs like cannabis, ketamine & medications bought online.

HOW DOES IT WORK?

- Naloxone quickly restores breathing
- Easy to use nasal spray
- It's safe and won't harm someone if they aren't overdosing
- Anyone can carry & use in an emergency.

Carrying a kit could save a life. You never know when you might need it.

WHAT IS AN OPIOID OVERDOSE?

Opioids are painkillers like heroin, fentanyl, codeine & oxycodone.

If someone is not used to taking them, or they are stronger than expected, breathing can stop or slow to a dangerous level.

HARM REDUCTION SAVES LIVES

- ✓ **Start low, go slow**
- ✓ **Avoid mixing substances**
- ✓ **Avoid using alone**
- ✓ **Look after your mates**
- ✓ **Always carry naloxone**

Make informed choices.
Find out more about
substances; what are the
expected effects and risks.



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Know the 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

