

Opioid Overdose Awareness Toolkit

A guide to
injectable
naloxone



Lincolnshire
Recovery
Partnership

What is an opioid overdose?

- Opioids are a type of drug usually used for pain relief or to provide a sense of euphoria. This includes prescribed medication like morphine and codeine, or illicit drugs like heroin.
- Opioids suppress the central nervous system, slowing down breathing and impacting the heart rate.



Overdose occurs when a person takes an amount of drugs that causes their breathing and heart rate to slow down to dangerous levels.

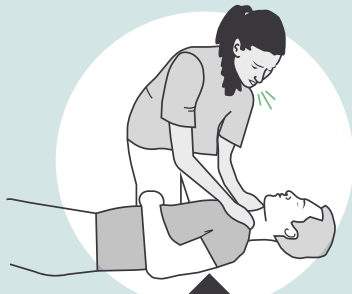
What increases the risk of an opioid overdose?

Anyone using drugs is at risk of having an overdose, but the risk can be increased by:

- 1** **Mixing with other drugs** especially alcohol and benzodiazepines
- 2** **Using alone** so there's no one around to call for help
- 3** **Low tolerance** after a period of time not using, or using less
- 4** **Injecting** can increase the risk but overdose can still happen through smoking
- 5** **Changes in purity** or if something unexpected is mixed with the drugs
- 6** **A recent overdose** as your body may not yet have fully recovered
- 7** **Poor health** can raise the risk of overdose, especially for those with chronic health conditions



What are the signs of opioid overdose?



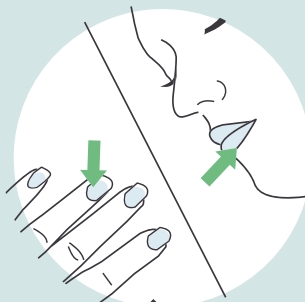
Unresponsive



Shallow or no breathing



**Pale or
ashen skin**

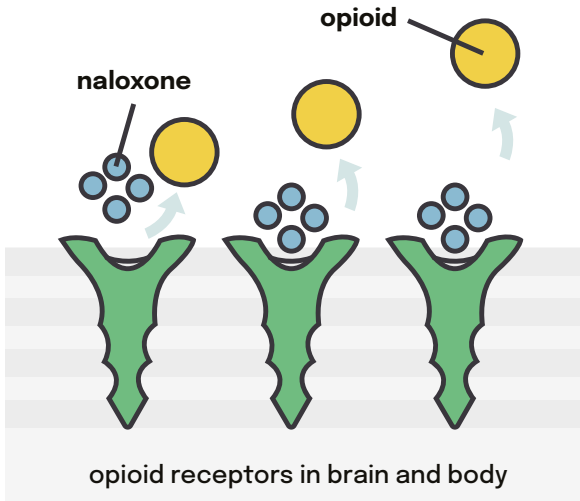


**Blue or grey lips
or fingertips**



**Snoring or
rattling breath**

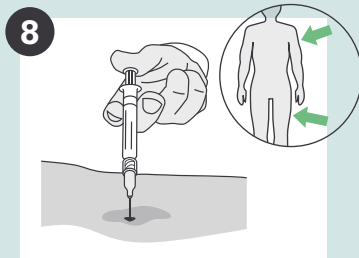
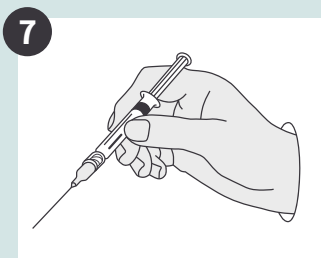
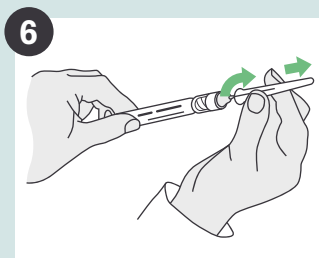
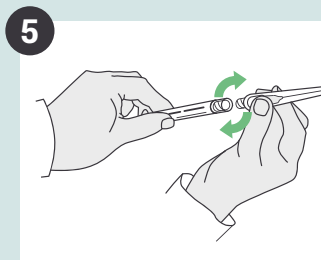
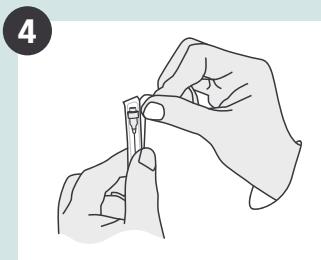
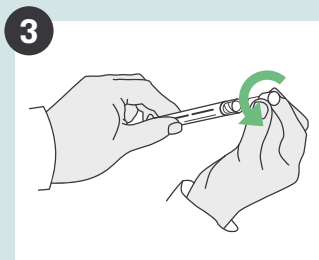
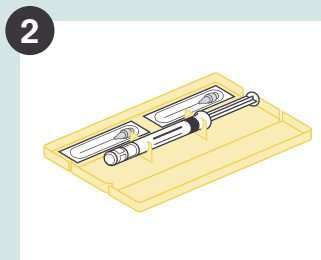
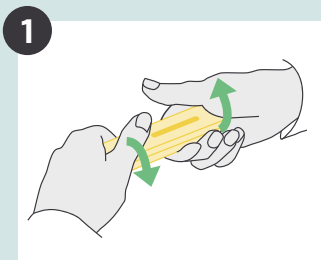
How can naloxone help?



In the UK, anyone can carry and administer naloxone for the purpose of saving a life.

- Naloxone is an opioid overdose response medication.
- Naloxone can quickly restore normal breathing if a person's breathing has slowed or stopped because of an opioid overdose.
- Naloxone is harmless if there are no opioids present.

How to assemble a naloxone kit



What to do when someone is overdosing:



Call 999 immediately and ask for an ambulance. Listen to the call handlers instructions - they are there to help you.



Make sure it is safe to approach and move any objects that might cause injury.



Check for a response - speak loudly to the person and shake their shoulders.



Check their airways - are they breathing normally?

What to do if they are breathing

- 1** Put the person in the recovery position
- 2** Inject 1 dose (0.4ml - down to the first black line on the syringe) of naloxone into the outer thigh muscle or the upper arm muscle
- 3** Call 999 and ask for an ambulance
- 4** If there is no response after 2 - 3 minutes, inject another dose (0.4ml) of naloxone
- 5** Repeat step 4 until the person comes round or until the ambulance arrives
- 6** When the ambulance arrives, give them your used kit

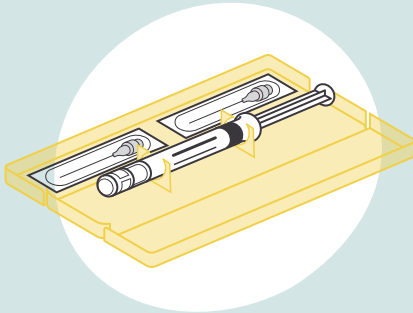
What to do if they are not breathing

- 1** Call 999 and ask for an ambulance
- 2** Start CPR (30 chest compressions and 2 rescue breaths)
- 3** Inject 1 dose (0.4ml - down to the first black line on the syringe) of naloxone into the outer thigh muscle or the upper arm muscle
- 4** Continue 3 more cycles of CPR (3 x 30 chest compressions and 2 rescue breaths)
- 5** If there is no response after 2 - 3 minutes, inject another dose (0.4ml) of naloxone
- 6** Continue steps 4 & 5 until the ambulance arrives or the person comes round
- 7** When the ambulance arrives, give them your used kit

It's important to remember:



Naloxone is short acting. It is important to stay with the person until the ambulance arrives to provide them with medical attention. If the person goes back into overdose before the ambulance arrives, administer another dose of naloxone.



Once you have used your kit, get a new one from your local substance use service as soon as possible.

Reducing the risk of overdose:



- Start with a test dose – a small amount to test the strength of your drug
- Test your drugs before using with a test strip or by sending a sample to WEDINOS
- Avoiding mixing with other substances
- Try not to use on your own
- Always carry naloxone



If you or anyone else is unwell call 999 or seek medical help straight away

Where to get support

Lincolnshire Recovery Partnership provide free naloxone training and naloxone kits to anyone at risk of an opioid overdose, and anyone who might come into contact with someone experiencing an opioid overdose.

Contact your local service for free naloxone training or order a kit online.



**Lincolnshire
Recovery
Partnership**

To get in touch

Visit any of our six hubs,
located across the county.

Call: 0800 304 7021

Email: lincs.info@lincsrecoverypartnership.co.uk

Website: www.lincsrecoverypartnership.co.uk

