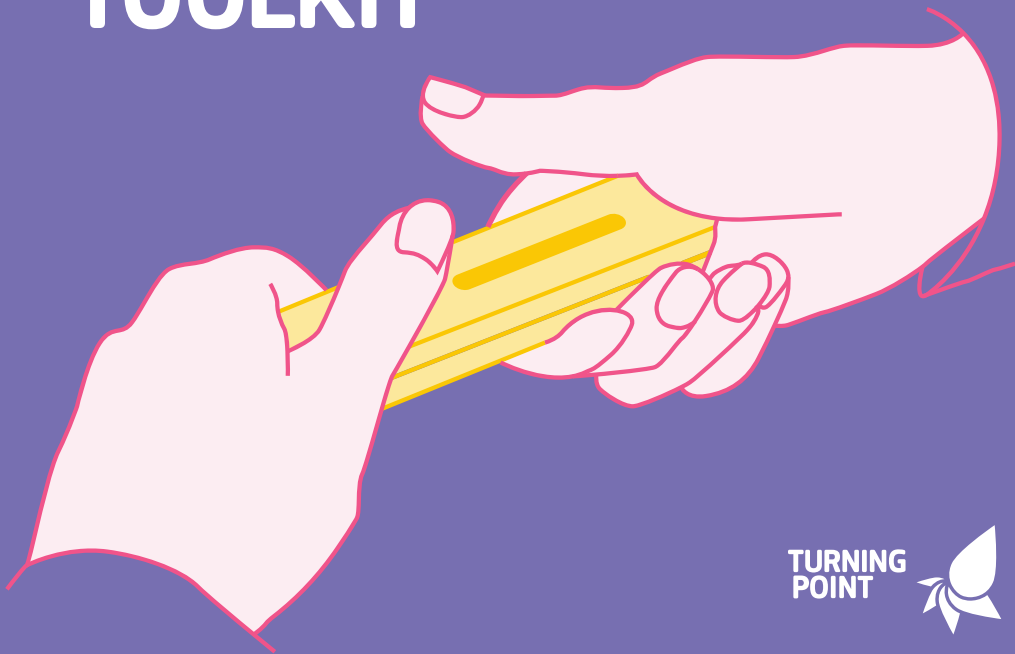


# OPIOID OVERDOSE AWARENESS TOOLKIT

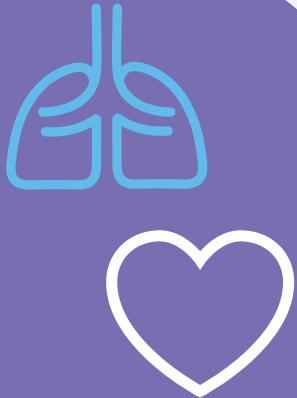


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## What is an opioid overdose?

- Opioids are a type of drug usually used for pain relief. 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 that causes their breathing and heart rate to slow down to dangerous levels.**

## What increases the risk of an opioid overdose?

Anyone using street 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** which gives a whole hit, though 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** due to a lowered immune system



## What are the signs of opioid overdose?



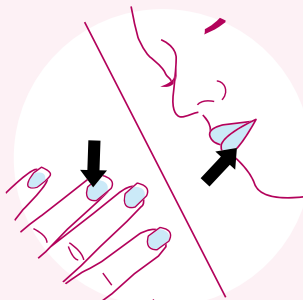
Unresponsive



Shallow or no breathing



Pale or ashen skin

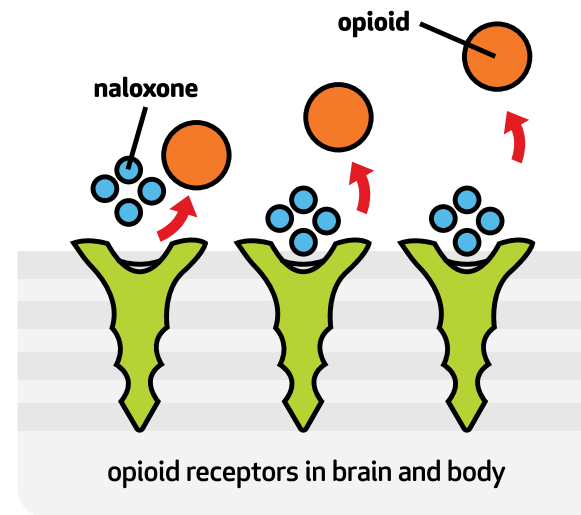


Blue or grey lips or fingertips



Snoring or rattling breath

## How can naloxone help?

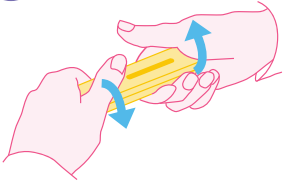


**In the UK, anyone can carry and administer naloxone for the purpose of saving a life.**

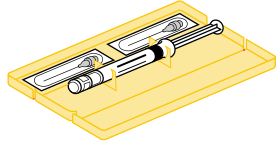
- Naloxone is an opioid overdose response medication.
- It is an 'opioid antagonist', and works by attaching itself to opioid receptors, blocking the effects of other opioids.
- Naloxone can quickly restore normal breathing if a person's breathing has slowed or stopped because of an opioid overdose.

## How to assemble a naloxone kit

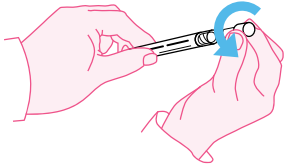
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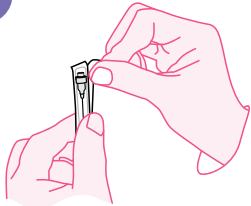
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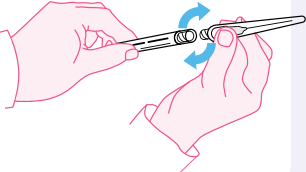
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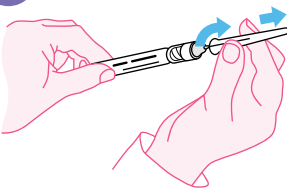
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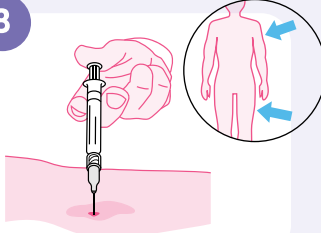
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## What to do when someone is overdosing:



**Keep yourself safe** – move any objects that might cause injury



**Check for a response** – speak loudly to the person and shrug their shoulders



**Check their airways** – are they breathing normally?



**Call 999 immediately and ask for an ambulance.**

The police won't be called. Put the call on loud speaker. Tell the call handler as much as you can including your location, that you suspect opioid overdose and tell them if you have a naloxone kit. Listen to the call handler's instructions – they are there to help you

## What to do if they are breathing normally:

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

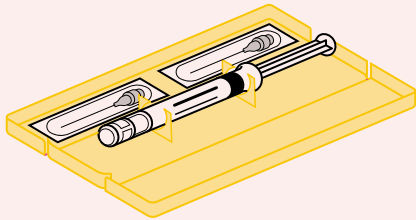
## What to do if they are not breathing normally:

- 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 thigh or upper arm muscle
- 4 If they haven't started breathing yet, continue CPR
- 5 Inject 1 dose (0.4ml - down to the first black line on the syringe) of naloxone into the thigh or upper arm muscle
- 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 only short acting meaning it might wear off and the person may go back into an overdose. Stay with the person until the ambulance arrives and provides them with medical attention.



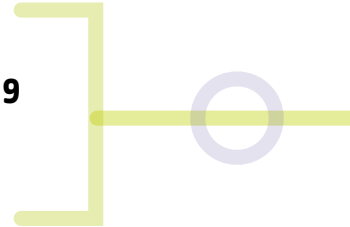
Once you have used your kit, get a new one from your local substance use service as soon as possible.

## Reducing the risk of overdose:

- > Use with people you trust
- > 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
- > Always carry naloxone



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



Your local Turning Point service provides naloxone kits to anyone at risk of an opioid overdose, and anyone who might come into contact with someone experiencing an opioid overdose.

[www.turning-point.co.uk](http://www.turning-point.co.uk)



Contact your local service or order a kit online.

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