RECOGNISING & RESPONDING

OPiOId OVERDOSE

SIGNS OF OVERDOSE
• No response to stimuli
• Shallow, laboured or no breathing
• Cannot be woken up
• Snoring or gurgling
• Blue/grey lips or finger tips
• Floppy arms or legs

HOW TO RESPOND
• Check for danger
• Call an ambulance and stay on the line
• Put the person in recovery position
• If you have access to narcan/naloxone, assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal)
• Provide CPR
• If there has been no response within 3-5 minutes, and if you have it available, administer another dose of narcan/naloxone

31 AUGUST
INTERNATIONAL OVERDOSE AWARENESS DAY