

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 narkan/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 narkan/naloxone

TIME TO
REMEMBER.
TIME TO
ACT.

 **International Overdose
Awareness Day**
prevention and remembrance

A Penington Institute Initiative

31 AUGUST

**INTERNATIONAL
OVERDOSE
AWARENESS DAY**