OVERDOSE ACTION PLAN

OPIOID OVERDOSE ACTION PLAN

How to respond to someone who has overdosed on heroin or other opioids

CHECK FOR DANGER
Needles, sharp objects, bystanders etc.
Make sure the environment is safe

CHECK FOR RESPONSE
Call the person’s name. Shake their shoulders vigorously or rub their chest with your knuckles

IF THEY ARE NOT BREATHING
or their breathing is slow or abnormal
Put them on their back, clear and open their airway, pinch their nose and give two rescue breaths

OVERDOSE
ACTION PLAN

IF THEY ARE STILL NOT BREATHING NORMALLY
GIVE NALOXONE.
(SEE OVERLEAF FOR PREPARING INJECTION)

INJECT the entire contents into muscle of the upper arm or thigh and even through clothing in an emergency

GIVE NALOXONE.

NALOXONE WON’T HARM A PERSON, AND IT MAY SAVE THEIR LIFE

IF THERE IS NO RESPONSE
Inject another dose of Naloxone in 2–5 minutes.

IF THEY ARE BREATHING NORMALLY
Put them in the recovery position and monitor them until help arrives. Ensure that their airway is clear and open

IF THEY ARE NOT BREATHING
or their breathing is slow or abnormal
Put them on their back, clear and open their airway, pinch their nose and give two rescue breaths

CLEAR THE PERSON’S AIRWAY
Check their breathing
Watch for their chest rising
Look, listen and feel for 2 breaths in 10 seconds.

If there is no response, or poor response,
SEND FOR HELP

Dial 000 and ask for an ambulance

Note the time given,

SEND FOR HELP
Dial 000 and ask for an ambulance

IF STILL NO RESPONSE, COMMENCE CPR
30 compressions, then 2 breaths; repeat

If the person is breathing normally, then put them in the recovery position and monitor them. Ensure that their airway is clear and open.

FOR MORE INFORMATION, INCLUDING A LIST OF ORGANISATIONS THAT PROVIDE TRAINING VISIT: www.creidu.edu.au/naloxone

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SIGNS OF OVERDOSE
Not responding
Shallow or no breathing
Blue lips or fingernails
Snoring or gurgling

YES
to any of the signs above
proceed to the Action Plan
OVERDOSE ACTION PLAN

NALOXONE MINIJET PREFILLED SYRINGE

Remove Naloxone mini-jet from package, unscrew the cap and screw on the 23g needle provided.

IT IS RECOMMENDED THAT YOU HAVE AT LEAST TWO MINIJETS ON HAND AS MULTIPLE DOSES MAY BE REQUIRED

NALOXONE AMPOULE

Prepare needle and syringe for muscular injection by unwrapping 3ml syringe and screwing on 23g needle.

With the other hand, pinch top of ampoule with index finger on blue dot and thumb on other side

Snap ampoule open by breaking the top of the ampoule away from the blue dot

Draw all of the naloxone out of the ampoule by inserting the needle in the naloxone solution and drawing the plunger from the syringe barrel.

IT IS RECOMMENDED THAT YOU HAVE AT LEAST 5 AMPOULES (ONE PACK) ON HAND AS MULTIPLE DOSES MAY BE REQUIRED, AND IT IS POSSIBLE TO BREAK AN AMPOULE ON OPENING