

OVERDOSE ACTION PLAN



OPIOID OVERDOSE ACTION PLAN

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

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

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 there is no response, or poor response,

SEND FOR HELP

Dial 000 and ask for an ambulance



CLEAR THE PERSON'S AIRWAY

Check their breathing

Watch for their chest rising
Look, listen and feel for 2 breaths in 10 seconds.

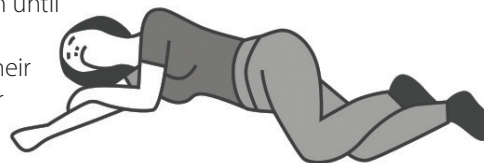


IF THEY ARE NOT BREATHING or their breathing is slow or abnormal

Put them on their back, clear and open their airway, pinch their nose and give two rescue breaths

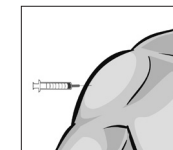
IF THEY ARE BREATHING NORMALLY

Put them in the recovery position and monitor them until help arrives.
Ensure that their airway is clear and open

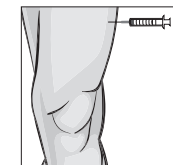


IF THEY ARE STILL NOT BREATHING NORMALLY GIVE NALOXONE.

(SEE OVERLEAF FOR PREPARING INJECTION)



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



⌚ Note the time given,

Continue rescue breathing—1 breath every 5 seconds

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.

⌚ Note the time given, continue rescue breathing

If you are worried give another dose at any time.

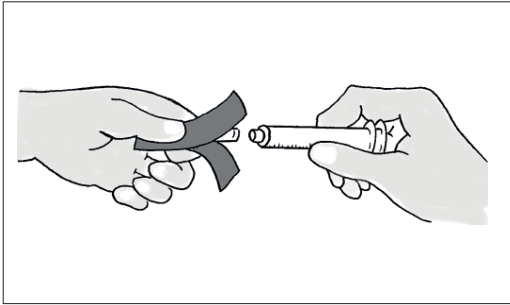
If the person is breathing normally, then put them in the recovery position and monitor them. Ensure that their airway is clear and open.

If still no response, commence CPR 30 compressions, then 2 breaths; repeat

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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 MINIJECTS 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.



USING AN AMPOULE



Take ampoule and hold ampoule between thumb and index finger in one hand



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