

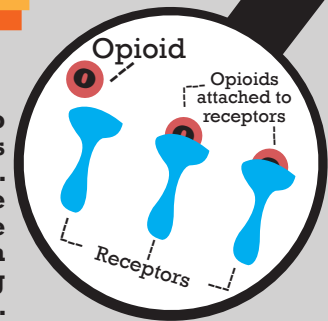
Opioid **RECOGNISE & RESPOND** **OVERDOSE** FACT SHEET

Opiates are drugs derived from the opium poppy.

At one time "OPIOIDS" referred to synthetic OPIATES only (drugs created to emulate opium). The term OPIOID is now used for the entire family of OPIATES; including natural, synthetic & semi-synthetic.

Examples are heroin, morphine, oxycodone, codeine, methadone, buprenorphine (subutex & suboxone) & fentanyl

Opioids attach to specific receptors in the brain. They have the capacity to relieve pain and produce a sense of well-being (euphoria).



In high doses, opioids overload the receptors causing stupor, coma and respiratory depression.

KNOW THE RISKS



KNOW YOUR MIX

1 mixing substances or poly drug use—especially the combo of opioids + alcohol and opioids + benzos. These can be **DEADLY**

KNOW YOUR STRENGTH

the purity & strength of substances can vary greatly.

TEST FIRST, TAKE LESS



KNOW YOUR FACTS

Pharmaceutical drugs contribute in 81% of Victorian overdose deaths. This includes over the counter drugs.

LEGAL
DOESN'T AUTOMATICALLY
MEAN THAT IT IS
SAFE

KNOW YOUR LIMITS

Using again after a 'break' (i.e. being in prison, rehab or detox) means changes to your tolerance – even a small dose can have big effects. Using the same amount as before your break, can send you 'over'!
BE CAREFUL

Recognise

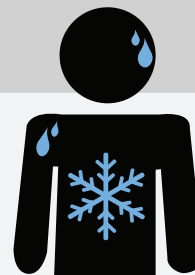


BREATHING

- Slow or no breaths
- Unusual snoring or gurgling
- Choking

CONSCIOUSNESS

- Can't talk or walk
- Can't stay awake
- Won't wake up
- Unresponsive



PHYSICAL

- Clammy or cold skin
- Blue lips or nails
- Pinpoint pupils
- Body limp



Respond

STIMULATE

Shout & Tap to try to wake

CALL 000

Tell them it's a drug overdose



INJECT NALOXONE

Inject into thigh, bum or upper arm muscle

CHECK AIRWAYS

Give rescue breaths every 5 seconds



RECOVERY POSITION

Lie on side with arm supporting chin & top knee bent

STAY WITH THEM

Until an ambulance arrives



OVERDOSES HAPPEN

USE SAFELY - MAKE A PLAN FOR WHEN THINGS GO WRONG



HRV_Aust



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