

RECOGNISING SIGNS OF OVERDOSE

No response when you call their name or tap their shoulder, 'pinned' (small) pupils, blue lips, cool, pale or clammy skin, shallow infrequent breathing, snoring or gurgling sounds or not breathing at all.

RESPONDING TO OVERDOSE

Check for a response, talk and touch, say their name. Squeeze their shoulder and ask them to open their eyes. Some people even say things like 'naloxone' or 'cops' to try and get a response.

NO RESPONSE? CALL 000 FOR AN AMBULANCE

Check the person is breathing -
2 substantial breaths every 10 seconds.
If they are breathing, put them on their side in the recovery position.

**If pregnant- Lay them on their LEFT hand side.*

NOT BREATHING?

Open their mouth and check there is nothing blocking their airway e.g vomit.

Clear the airway.

- Still not breathing?
- Roll them onto their back.
- Lift their chin & tilt their head back
- Use your fingers to pinch their nose shut
- Place your mouth over their open mouth
- Gently blow into their mouth-check that their chest rises & falls with each breath.



AFTER A COUPLE OF BREATHS -

IF THEY ARE STILL NOT BREATHING NORMALLY YOU WILL NEED TO ADMINISTER NALOXONE

It's best to check that the nose is clear before giving Nyxoid & if necessary clear any obstruction first.

- Remove the Nyxoid unit from box
- Peel back the corner tab to open the nasal spray package
- Hold the nasal spray with your thumb on the bottom of the plunger & your first and middle fingers on either side of the nozzle.
- *NOTE* don't depress the plunger until you are ready to administer the dose, there is no need to test or prime the unit first. If you do, you will waste all or part of the medication.*
- Tilt the person's head back & gently insert the tip of the nozzle into one nostril until your fingers on each side of the nozzle are against the person's nose.
- Press the plunger firmly until you hear it click
- Write down the time you gave the dose

STARTED TO BREATHE?

Roll them onto their side in the recovery position & watch them to make sure that they keep breathing.

STILL NOT BREATHING? Keep breathing for them.

STILL NOT BREATHING NORMALLY AFTER 2-3 MINUTES?

- Repeat steps as before into the other nostril

PLS NOTE: If person is breathing normally, do not administer further doses of Nyxoid.

AFTER AN OVERDOSE

- When they wake up, explain what has happened & that you have given them naloxone.
- They may not want to wait for the ambulance. Reassure them and encourage them to seek medical assistance.
- Stay with the person.
- They may experience some withdrawal symptoms and may want to use again. *Explain that the naloxone will wear off in less than an hour and that they will feel high again.*
They may even drop again from the first shot!

F.A.Q FREQUENTLY ASKED OVERDOSE QUESTIONS

WHAT IS NORMAL BREATHING ?

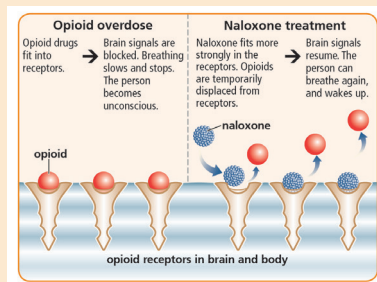
"Normal breathing" is 2 substantial breaths every 10 seconds. *An occasional gasp, snoring or gurgling sound is NOT normal breathing.*

WHAT IS NALOXONE?

Naloxone is a fast acting medication that reverses the effects of an opioid overdose. Side effects are extremely rare however, you may feel the

temporary symptoms of opioid withdrawal. Some people may know naloxone by it's commonly known brand name Narcan®. It is the same medicine that ambulances carry for opioid overdoses.

Naloxone CAN NOT be used for benzo, GHB, methamphetamine, alcohol etc overdoses! It ONLY works on natural & synthetic OPIOIDS ie. heroin, morphine, methadone, codeine etc.



WHO CAN BE GIVEN NALOXONE?

Naloxone can be given to ANYONE who has overdosed on opiates. With monitoring, it is SAFE for use in opiate overdose of people of all ages including *pregnant and nursing mothers.

PREGNANT?

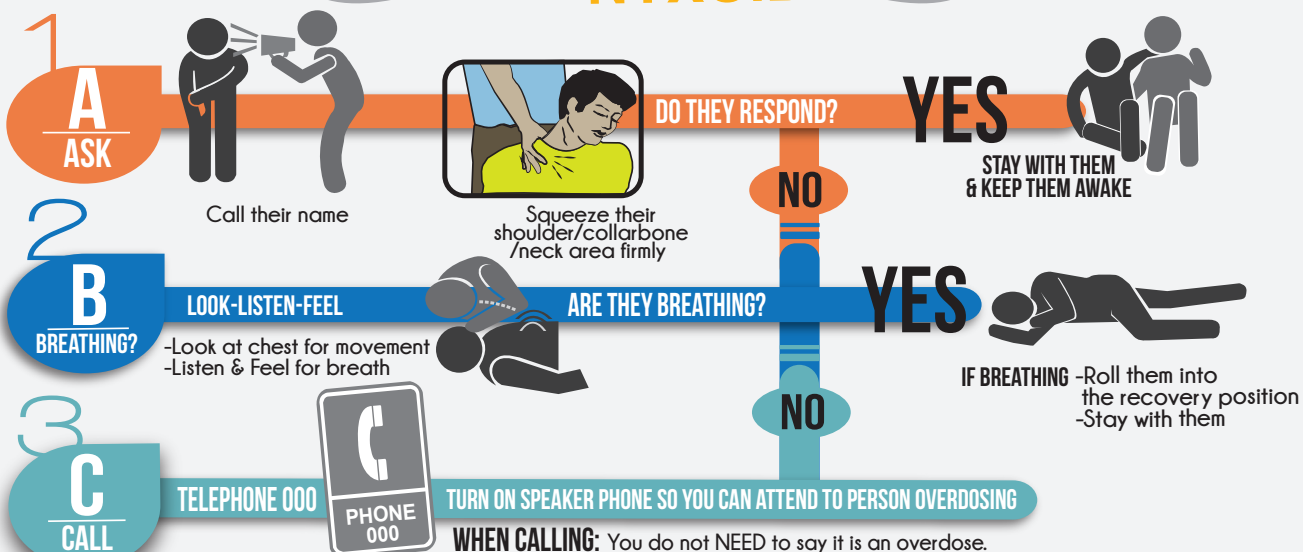
**Extra consideration should be taken if the overdosed person is pregnant. Always place them in the recovery position on their left hand side. This is to avoid the weight of the fetus restricting the flow of blood and oxygen to the rest of the body.*

FOR MORE INFO CONTACT HARM REDUCTION VICTORIA 9329 1500

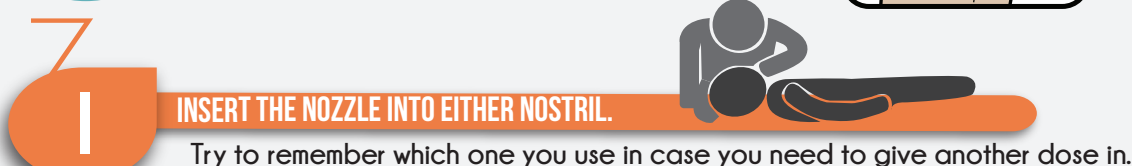


ALWAYS DISPOSE OF SHARPS SAFELY!

RECOGNISE & RESPOND OVERDOSE USING NYXOID®



NOTE Police DO NOT routinely attend overdoses unless the 000 operator feels that there's a threat at the scene.*



NO RESPONSE AFTER DOSE? DON'T PANIC...

BREATHING BUT ASLEEP? -ROLL THEM INTO THE RECOVERY POSITION & WAIT 2-3 MIN * BEFORE REDOSING IN THE OTHER NOSTRIL.

NOT BREATHING BUT HAS A PULSE? -PERFORM RESCUE BREATHING UNTIL THE NEXT DOSE IS DUE OR THE AMBULANCE ARRIVES.



2-3 MIN*

YOU CAN KEEP REDOSING EVERY 2-3 MINUTES* OR UNTIL THEY ARE AWAKE & BREATHING OR THE AMBULANCE ARRIVES. BE SURE TO TELL THE PARAMEDICS HOW MANY DOSES OF NALOXONE YOU'VE GIVEN, THEN LET THEM TAKE OVER.