

OPIOID OVERDOSE RESPONSE

Follow these steps if Nyxoid® naloxone nasal spray is available

1

DANGER

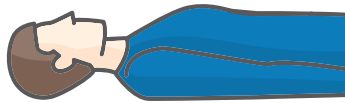
Make sure there is no danger to yourself or others. Call for help from other people.



2

IS THIS AN OVERDOSE?

- **Person not responding:** to name, gentle shaking or shoulder squeeze
- **Not breathing normally:** shallow slow breathing or snoring
- Pale or cold skin, blue lips
- Pinpoint 'pinned' pupils of eyes



3

CALL TRIPLE ZERO (000)

Follow instructions



4

ADMINISTER NALOXONE

1. Lie person on their back and check the nose is clear
2. Do not test device - it contains one dose only
3. Insert nozzle in nostril
4. Press until it clicks to give the dose

5

AIRWAYS AND RESCUE BREATHING

If you know how, clear airways and provide 'rescue breathing'



6

RECOVERY

1. Stay with person until Ambulance arrives
2. Put person in 'recovery position' if you know how
3. If no response after 2 to 3 minutes: Use 2nd Nyxoid® device to give 2nd dose of Nyxoid® in other nostril. If more naloxone is available, repeat every 2 to 3 minutes until person recovers or Ambulance arrives

Preventing and responding to opioid overdose

When is the risk of opioid overdose increased?

- Using again after a break with reduced tolerance (e.g. after hospital or drug-free treatment, detox, prison).
- Mixing opioids with other sedating drugs – such as alcohol or benzos (e.g. diazepam, alprazolam).
- Using a greater amount (or purity) of opioid than usual.
- Injecting instead of other ways of using (e.g. swallowing, snorting, smoking).
- Having other health problems (e.g. a major infection, fever).
- Using by yourself – with no one able to call for help.

How to recognise an opioid overdose?

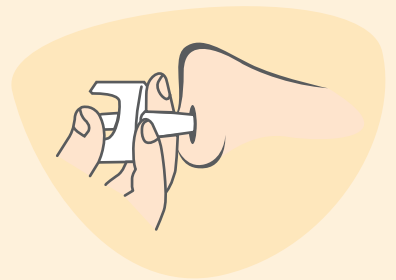
- Person is unconscious & does not respond to their name or physical stimulus (e.g. squeezing their shoulder).
- Person has blue lips, tongue and hands, cool pale skin.
- Person is breathing infrequently, snoring or not breathing at all.
- 'Pinned' (small) pupils.

How to respond to an opioid overdose?

- 1. Danger and call for help:** Check the environment is safe – clear away any uncapped needles or other sharp objects. Call for help from other people if you are alone.
- 2. Is this an overdose?** Look for pale cold skin, not breathing normally and unable to rouse the person by calling their name or squeezing their shoulder.
- 3. Call an Ambulance:** Call 000 and follow instructions. Let them know you think it may be an overdose. Police do NOT routinely attend.
- 4. Administer Naloxone (Nyxoid®) while waiting for Ambulance:** Spray one dose (one spray) of Nyxoid® by inserting the nozzle in the person's nostril. Do not test the device before inserting it. Note time given.
 - a. Lie the person on their back, with their head tilted back.
 - b. Check the nose is clear.
 - c. Peel the backing off the pack to remove the Nyxoid® device from its packaging. There are two devices in each pack.
 - d. Hold Nyxoid® device with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
 - e. Insert nozzle in one nostril. Press firmly on the plunger until it clicks to give the dose.
 - f. If person doesn't recover in 2 to 3 minutes use the second device to give a second dose in other nostril.
- 5. Airways and breathing:** If not breathing normally, clear airways & provide rescue breathing (if you know how):
 - a. Roll the person onto their back
 - b. Place one hand on forehead & place other hand under chin
 - c. Tilt head backwards to open the airway
 - d. Clear the airway of any blockages
 - e. Pinch off nose & seal your mouth over theirs and give 2 quick breaths
- 6. Recovery:** If person recovers, put them into recovery position:
 - a. Roll person onto side (see diagram)
 - b. Tilt head back: airway open, mouth open pointing towards the ground.
 - c. Clear any obstructions from their mouth or throat
 - d. Listen and look for normal breathing

If person is not recovering, repeat naloxone sprays every 2 to 3 minutes. Commence CPR if you know how. Continue until ambulance arrives.

Stay until the ambulance comes: After using Nyxoid® intranasal naloxone spray, keep the devices and hand to the ambulance crew so that they know it has been administered.



**Naloxone is used to reverse opioid overdose (e.g. heroin, morphine, oxycodone, methadone).
It takes 2-5 minutes to start working and effects last about 30-90 minutes.**

**For information and support on drug treatment call ADIS 24 hours a day,
7 days a week on free call 1800 250 015 from anywhere in Australia.**