

# 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

Uncapped 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

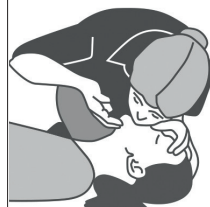
**Dial 000 and ask for an ambulance**



### 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

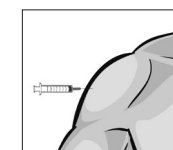
Put them in the recovery position and monitor them until help arrives



### IF THEY ARE STILL NOT BREATHING

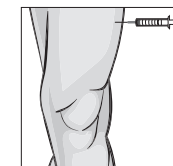
### GIVE NALOXONE

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



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**