

OPIOID OVERDOSE RESPONSE

Follow these steps if Nyxoid® naloxone nasal spray is available

1

DANGER

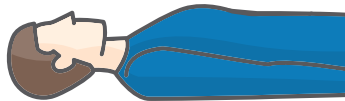
Make sure there is no danger to yourself or others. Call for help from other people.



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?

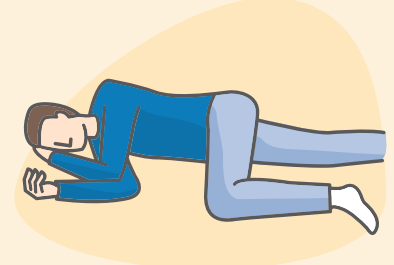
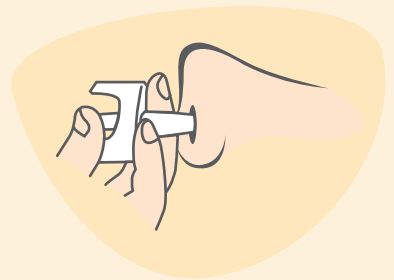
- Person is unconscious & does not respond to their name or physical stimulus (e.g. squeezing their shoulder).
- Person has blue lips, tongue and hands, cool pale skin.
- Person is breathing infrequently, snoring or not breathing at all.
- 'Pinned' (small) pupils.

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.