

**SAVE
SOME
NALOXONE**

**Preventing overdose
with naloxone**



**If someone has taken heroin,
methadone or another opiate
and **overdoses** don't assume
they'll come round**

Don't panic, put them in the recovery position

Give naloxone

Dial 999 and ask for an ambulance

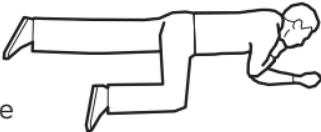
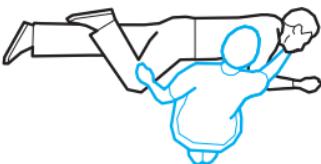
Stay with them until the ambulance arrives

This could save their life

The recovery position

If someone is unconscious and breathing, put them in the recovery position.

- Open their airway by tilting the head back and lifting the chin
- Straighten the legs
- Place the arm nearest to you at right angles to their body
- Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you
- Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground
- Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side
- Tilt the head back to make sure they can breathe easily
- Make sure that both the hip and the knee of the upper leg are bent at right angle

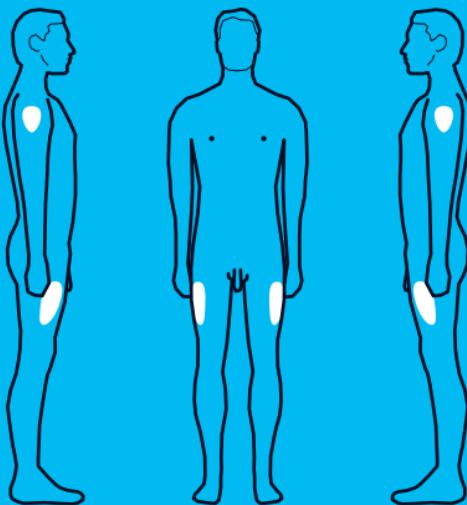


**If they may have taken an opiate, give naloxone.
Dial 999 and ask for an ambulance.
Stay with them until the ambulance arrives.**

Give naloxone

1. Get the naloxone from the safe place you have stored it.
2. Decide where you are going to inject (see diagrams).
3. Hold the syringe at a 90 degree angle about two or three inches from the skin.
4. Insert the needle with a single quick motion.
- 5. Steadily push down on the plunger to the first black line on the syringe (this will inject the first 0.4mL dose).**
6. Pull out the needle and syringe and put it back in the case. Make a note of the time.
- 7. If they don't come round in two minutes, give them another dose of 0.4mL/one black line on the syringe.**
8. If there is any bleeding, apply pressure to the injection site with tissue.

**Naloxone can be injected
into these muscles:**



**Injecting in these places reduces
the risk of hitting an artery or nerve.**

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NALOXONE

Carry naloxone



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