

OVERDOSE



Recognising and responding to an overdose can save a life.
Here's what you can do:

1

RECOGNISE THE SIGNS

- Unresponsive or unconscious
- Blue lips or fingernails
- Cold, clammy skin
- Slow or irregular breathing
- Gurgling or choking sounds

2

CALL FOR HELP

- Dial 000 (triple zero) immediately.
- Ask for an ambulance and provide detailed information about the person's condition.
- Stay on the line and follow the operator's instructions.

3

PERFORM FIRST AID

- Check breathing: If the person is not breathing, begin CPR.
- If they are breathing but unconscious, place them in the recovery position.
- Continue to monitor their breathing and be prepared to provide CPR if necessary.

4

ADMINISTER NALOXONE

- If the overdose is opioid-related, use Naloxone if available. Naloxone (also known as Narcan) can temporarily reverse the effects of opioid overdose.
- Naloxone is available at pharmacies across Australia without a prescription.
- Common opioids: Fentanyl, heroin, codeine, morphine see: adf.org.au/drug-facts/opioids for more information.

5

WAIT FOR HELP TO ARRIVE

- Stay calm and stay with the person until emergency services arrive. If Naloxone was used, be aware that the overdose effects could return after the medication wears off. Tell the medics when they arrive.

REMEMBER IN AUSTRALIA SERVICES ARE HERE TO HELP. NO ONE WILL BE IN LEGAL TROUBLE FOR CALLING FOR ASSISTANCE DURING AN OVERDOSE.