

Overdose First Aid

Know the signs & What to do

If someone you are with overdoses, the choices you make and the actions you take could make the difference between life and death.

If you think someone has overdosed your **first response should be to dial 999 for an ambulance.**

Don't Delay.

- ⇒ Give your exact location so the ambulance knows where to come, and
- ⇒ Stay on the line and you will be given step by step advice and information by the operator on what to do.

The information on this card also aims to help you do the right thing, but you can only bridge the gap until the ambulance arrives.

Recognise the warning signs of overdose

Overdose	Depressant	Stimulant
	Heroin, methadone, benzos	Cocaine, crack, speed
Moderate	Uncontrollable nodding, can't focus eyes, very slurred speech, drooling, pale skin	Babbling, heavy paranoia, pale or clammy skin, clenched jaw, aggression, the shakes, racing pulse.
Serious	Awake but can't talk, limp, erratic or shallow breathing, heavy vomiting	Can't focus eyes, vomiting, foaming at the mouth, pressure / tightness in chest, cant talk, can't walk, violent
Severe	Unconscious, blue skin / nails, problems breathing or not breathing at all , choking or gurgling	Seizures, unconscious, choking or gurgling, not breathing, no pulse.

You can check if someone is unconscious rather than asleep by pinching their ear, if you can't rouse them, call an ambulance.

In Blackpool the Police will **NOT** come with the ambulance unless: the ambulance crew are threatened, or the person is already dead. Don't delay, call 999 straight away.

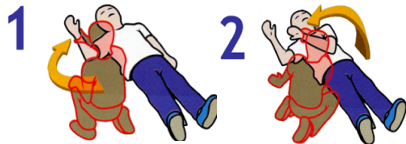


1. The Recovery Position

If the person is unconscious but breathing put them in the recovery position

This will keep their airway open and stop them choking on their own vomit or saliva until the ambulance arrives.

First check there is nothing stuck in their throat or mouth—clear away anything that's there.



With the person lying—legs straight and arms by their side, put the right hand by the head—as if they were waving.



Hold their left hand in place and lift up the left knee.
Keep holding their left hand on their cheek.



Turn the person by pushing down on their left knee so it and they roll towards you.

Tilt the head back to keep the airway open.

2. Mouth to Mouth

If the person stops breathing, give them 10 breaths of mouth to mouth resuscitation.



1. The person should be lying on their back
2. Remove anything you can see in their mouth that may cause a difficulty.
3. Lift the chin to tilt the head backwards, put your hand under the neck to support it in this tilted position.
4. Pinch their nostrils together using your finger and thumb.
5. Take a deep breath and make a good seal around their lips with your mouth
6. Blow steadily until you see their chest rise.
7. Take your mouth away and watch their chest sink right back down.
8. Repeat steps 4—7 making sure you keep their head tilted back.

3. Chest Compressions

If you are giving mouth to mouth and the person isn't moving and if they're getting bluer and colder—Start chest compressions.



1. Find the place where the ribs meet the breastbone, and lay two fingers there.
 2. Put the heel of your other hand on their breastbone above where your fingers are.
 3. Put your first hand on top of this hand, locking your fingers together.
 4. Keeping your shoulders above the centre of the persons chest and your arms straight, press down on their chest by about 4-5 cm (1.5—2 inches)
 5. Release the pressure, but keep your hands where they are. Repeat—doing 15 compressions in 10 seconds
 6. Give two breaths of mouth to mouth
 7. Continue to give 15 compressions followed by two breaths of mouth to mouth until the ambulance arrives.
- If their heart starts beating again, and their colour changes from blue to pink, stop chest compressions and continue with mouth to mouth if necessary.