What causes opiate overdose?
- Opioids include drugs such as heroin, methadone, buprenorphine and tramadol
- An opioid overdose can occur in anyone using opioids by reducing the ability to breathe effectively
- Many opioid overdoses are accidental
- Your risk increases if you have recently been in prison, hospital, detoxed or your daily amount of drugs is reduced, and mixing other downers including alcohol.

What is Naloxone?
- Naloxone is a drug used to reverse the effect of heroin and other opiates.
- Naloxone can reverse the effects of an overdose if used within a short period of time.

How long does Naloxone last?
- Naloxone is short acting and buys you time until an ambulance arrives, lasting only 20 minutes and up to an hour
- It does not last as long as most opioids – a person may return to overdose state
- Close monitoring within a medical setting (e.g. hospital) is required for several hours after an overdose.

Who can give Naloxone?
- Naloxone can be given by anyone trained in its use (e.g. users, carers and workers).

Who can Naloxone be given to?
- Anyone who is unresponsive, has blue lips and is not breathing normally (including snoring)
- Administer with caution in pregnancy or in people with heart conditions
- HOWEVER, IF IN DOUBT, GIVENALOXONE.

Administering Naloxone
- ALWAYS PHONE 999 FOR AN AMBULANCE
- Do not give into the veins as withdrawal will be too quick and severe
- Inject into the outer thigh muscle only
- No need to remove clothing
- Hold needle 90 degrees above skin
- Slowly and steadily push plunger in for one dose (0.4mls)
- If no response, repeat after 2 to 3 minutes
- Naloxone will not reverse the effect of other overdoses e.g. of cocaine, paracetamol, benzodiazepines or alcohol
- An opiate overdose can be reversed and death prevented by injecting Naloxone urgently.
Action on finding a person who has overdosed

When ambulance crew arrives, inform them of the total amount of Naloxone administered.