How to Respond to an Opioid Poisoning

Stimulate

Check if they are responsive

- 1 Speak to them
- 2 Squeeze their fingertips or the muscle between the neck and shoulder

If they are not responsive call 9-1-1

- 1 Check if they are breathing normally
- 2 Check pulse (heartbeat) for less than 10 seconds
- 3 Remove anything in their mouth
- 4 Insert airway (if trained and permitted)

Ventilate

Airway

- 1 Lift chin and tilt head back
- 2 Give 1 breath every 5 seconds
- **3** Keep giving breaths until breathing normally

Evaluate

- 1 Check breathing again
- 2 Check responsiveness
- 3 Check pulse for less than 10 seconds

Medicate

Give 1 dose of naloxone if they are not breathing normally:

- Inject **1 ampoule** (0.4 mg) into arm or thigh muscle **OR**
- Give 1 intranasal spray (4 mg) in one nostril

Evaluate & Support

- 1 Keep giving breaths
- 2 Check breathing again
- **3** Give another dose of naloxone every 3 minutes until breathing normally

Responsiveness means:

- Awake and alert OR
- Easy to wake up

Breathing normally means:

- Taking 12 or more breaths per minute AND
- No unusual breathing sounds (e.g. gurgling)

If at any time:

There is NO PULSE:

Start CPR with rescue breathing and compressions

They start breathing normally:

- Place them on their side
- Do not leave them alone
- · Keep monitoring them
- Repeat SAVE ME if their breathing changes
- STOP giving naloxone when they are breathing normally – even if they are still unresponsive



