

**ΑΣ ΜΙΛΗΣΟΥΜΕ  
ΓΙΑ ΤΗΝ  
ΥΠΕΡΒΟΛΙΚΗ  
ΔΟΣΗ**

**#END OVERDOSE**



ΑΡΧΗ ΑΝΤΙΜΕΤΩΠΙΣΗΣ  
ΕΞΑΡΤΗΣΕΩΝ ΚΥΠΡΟΥ



RECOGNISING & RESPONDING

# OPIOID OVERDOSE

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## SIGNS OF OVERDOSE

- No response to stimuli
- Shallow, laboured or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

## HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Put the person in recovery position
- If you have access to narcan/naloxone, assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal)
- Provide CPR
- If there has been no response within 3-5 minutes, and if you have it available, administer another dose of narcan/naloxone

TIME TO  
REMEMBER.  
TIME TO **ACT.**



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# PSYCHOACTIVE SUBSTANCE OVERDOSE

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## SIGNS OF OVERDOSE

- Rigid muscles/spasms
- Shaking/shivering
- Fever/overheating
- Nausea or vomiting
- Difficulty/stopping breathing
- Can't be woken up
- Seizure
- Confusion or distress
- Paranoia, fear and panic
- Agitation and aggression

## HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- If confused or panicking try to reassure them
- Maintain calmness
- If overheating try to cool them by loosening clothes
- If you can't get a response put them in the recovery position

*Please note: The effects of this kind of overdose vary from substance to substance based on whether it is a stimulant or a depressant. For details refer to fact sheet.*

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# STIMULANT OVERDOSE

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## SIGNS OF OVERDOSE

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing
- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

## HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Reassure the person and make sure they are comfortable
- If overheating, try to loosen outer clothing, or put a wet towel on the back of their neck or under their underarms
- Check for a response
- Put person into recovery position and monitor

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# ALCOHOL OVERDOSE

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## SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

## HOW TO RESPOND

- Check for danger
- Call for an ambulance and stay on the line
- Stay with them
- Keep them warm
- If they are unconscious, put them in the recovery position and check that they are breathing (don't leave them on their back)
- If they are awake, try to keep them in a sitting position and awake
- Give CPR if they stop breathing before ambulance arrives

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# DEPRESSANT OVERDOSE

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## SIGNS OF OVERDOSE

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue /grey fingernails or lips
- Shallow or erratic breathing, or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

## HOW TO RESPOND

- Check for danger
- Call an ambulance and stay on the line
- Monitor the person and give CPR if they stop breathing
- Loosen tight clothing
- If the person is unconscious or wants to lie down, put them in the recovery position
- Provide paramedics with as much information as possible regarding what substances the person has taken

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