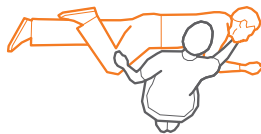


The recovery position

If someone is unconscious and breathing, put them in the recovery position.

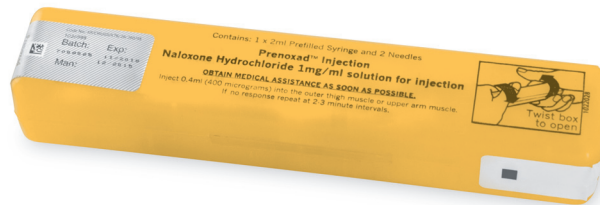
- Open their airway by tilting the head back and lifting the chin
- Straighten the legs
- Place the arm nearest to you at right angles to their body
- Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you
- Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground
- Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side
- Tilt the head back to make sure they can breathe easily
- Make sure that both the hip and the knee of the upper leg are bent at right angle



**Dial 999 and ask for an ambulance.
Consider giving naloxone.
Stay with them until the ambulance arrives.**

Naloxone saves lives!

Read this leaflet now so you will know what to do in an emergency.



Re-order code: P608

Order online at exchangesupplies.org

EXCHANGE
SUPPLIES



**Preventing
OVERDOSE
with naloxone**

Important information for anyone who has been given naloxone to use to prevent overdose. Please read this leaflet NOW so you will know what what to do in an emergency.



If someone has taken heroin, methadone or another opiate and **overdoses don't assume they'll come round**

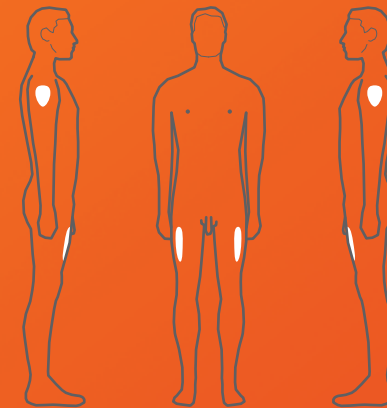
Don't panic, put them in the recovery position
Dial 999 and ask for an ambulance
Give naloxone
Stay with them until the ambulance arrives

This could save their life

How to give a naloxone injection

1. Get the naloxone from the safe place you have stored it.
2. Decide where you are going to inject (see diagrams).
3. Hold the syringe at a 90 degree angle about two or three inches from the skin.
4. Insert the needle with a single quick motion.
5. Steadily push down on the plunger to the first black line on the syringe (this will inject the first 0.4ml dose).
6. Pull out the needle and syringe and put it back in the case. Make a note of the time.
7. **If they don't come round** in two minutes, give them **another dose** of 0.4ml / one black line on the syringe.
8. If there is any bleeding, apply pressure to the injection site with tissue.

Naloxone can be injected into these muscles:



Injecting in these places reduces the risk of hitting an artery or nerve.