



INTERNATIONAL OVERDOSE AWARENESS DAY – 31ST AUGUST 2023

International Overdose Awareness Day was initiated in 2001 by Sally J Finn at The Salvation Army in St Kilda, Melbourne. International Overdose Awareness Day is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. The campaign raises awareness of overdose, which is a significant public health concern which stimulates action and discussion about evidence-based overdose prevention and drug policy.

Drug related deaths in the UK rose by 6.9% from the year 2020 to 2021, 54 people a week in the UK lose their life due to drug addiction. Here in Swindon we want to reverse this trend and reduce drug related deaths to an all time low.

We are seeing a number of emerging threats here in Swindon and across the UK as a result of the decrease in the poppy harvest within Afghanistan. New synthetic opioids are rapidly evolving which are 50 times stronger than your usual street heroin.

We would like to raise awareness of the signs and symptoms of a suspected drug overdose across the geographical footprint of the Swindon's Combating Drug Partnership.

What are the first signs and symptoms of an overdose?

- Blue/purple fingernails or lips
- Breathing slows or stops
- Individual will make gasping, gurgling or loud snoring sounds
- Body will become limp
- Individual will not respond to yelling or touch

What to do if you believe someone is overdosing?

Keep calm and follow these steps:

- Make sure that you're not in any danger first. Keeping yourself safe is important.
- Call 999 and ask for an ambulance.
- Check to see if there is anything obstructing their airways.
- Place the person in the recovery position.
- If you have Prenoxad (Naloxone), inject it into their thigh or upper arm muscle.
[How to use Prenoxad - leaflet](#)
- If you have Nyxoid (nasal spray), place the spray in their nose and press the plunger.
[How to use Nyxoid - leaflet](#)
- Wait with the person until the ambulance arrives, and give the used naloxone kit to the paramedics.

When you use naloxone, you should see it start to work in 2-5 minutes. The effects will last for between 20-40 minutes, but after that, they will wear off and the person will begin overdosing again. It's important that the person still gets medical help during this time.

Naloxone is only effective for opioid overdoses, and won't work with any other non-opioid drugs.

As a professional or service user, where can you get Naloxone in Swindon?

Swindon Borough Council's Public Health team commission both adult and young persons drug treatment services in Swindon, you can drop into the service as a professional or service user and



request a Naloxone pen or Nyxoid nasal spray. Contact details and location of the services are located below:

4, Temple Chambers
Temple Street
Swindon
SN1 1SQ

Telephone: 01793 328150

E-mail: SwindonInfo@cgl.org.uk

[I want to speak to someone about my drug use right now \(changegrowlive.org\)](https://www.changegrowlive.org)

For further information, you can also view the [CGL website](#).

If you require any further expert advice regarding substance misuse, please contact Swindon Borough Council's Public Health Substance Misuse Team on the below email:

SubstanceMisuseTeam@swindon.gov.uk