

My First 48 Hours Out

This booklet was produced in the framework of the EU co-funded project “My first 48 hours out” - comprehensive approaches to pre and post prison release interventions for drug users in the criminal justice system”, implemented by the University of Applied Sciences in Frankfurt.

“My first 48 hours out” aims at addressing the gaps in the continuity of care for long-term drug users in prison and upon release, by supporting life-saving interventions for the prevention of overdoses and reduction of other risks related to drug use and for the establishment of a treatment path, which does not get interrupted upon release.

The booklet complements the **“Guidelines for naloxone provision upon release from prison and other custodial settings”**, which were also produced by the project and can be found at https://harmreduction.eu/My_first_48_hours_out_Naloxone-on-Release_Guidelines1.pdf

For further information, contacts are:

<https://harmreduction.eu/projects/my1st48h>

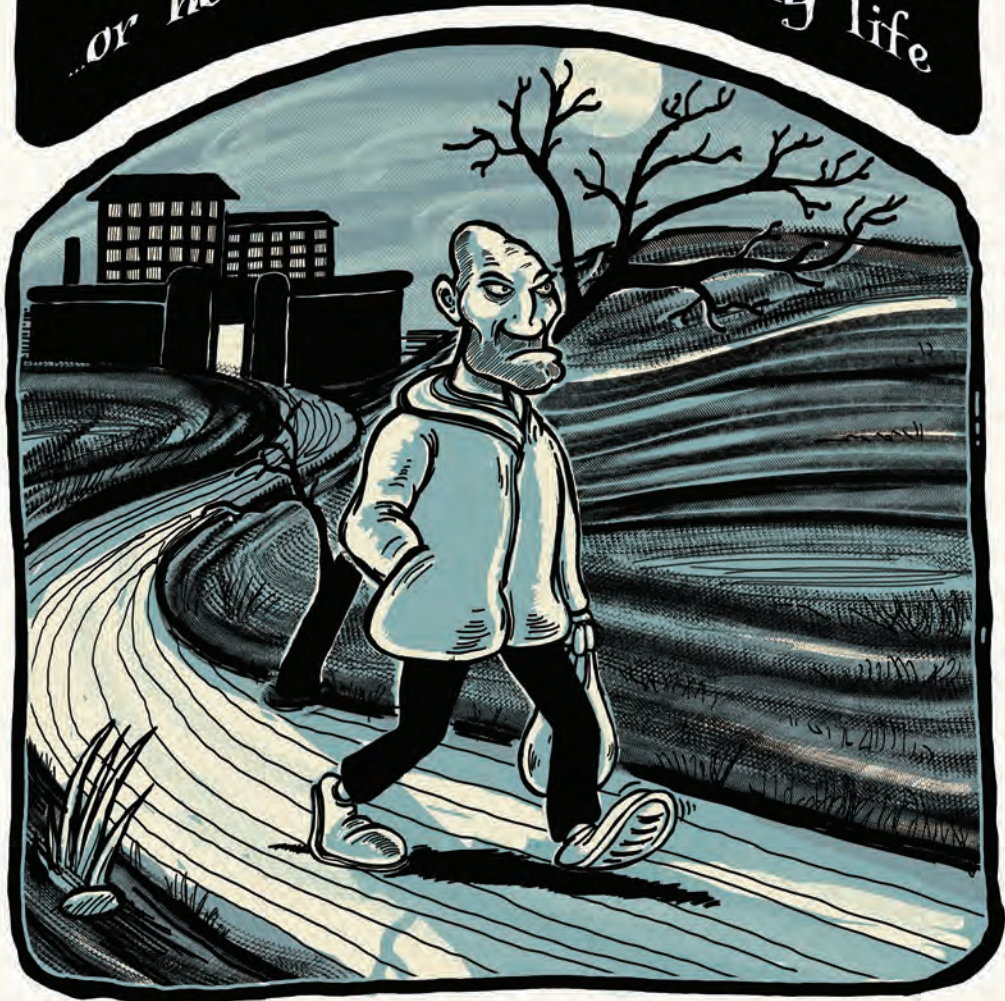
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My First
48 HOURS OUT
...or how naloxone saved my life



Naloxone provision upon release from prison and other custodial settings

In the first
48 hours after
leaving prison,
you are at the
highest risk of...

OVERDOSE



Naloxone is an antidote to an OPIOID OVERDOSE

I've been supplied
with naloxone
in my kit bag...



But I am never going
to use again...

Not EVER...

Not even
ONCE!



2 Hours Later...

Maybe just
ONCE...



If you do use, make
sure you use clean
works to avoid
Hepatitis & HIV

After a break from
using, your tolerance to
HEROIN drops.
The same dose that used
to sort you out could now
lead to an overdose.

Using alcohol or
depressant drugs
like diazepam
at the same time
increases risk.



To reduce risk.
Use a small, test dose.
Try smoking instead
of injecting.

SIGNS of an OVERDOSE

- * Breathing problems
- * Making gurgling sound
- * Pale skin with blue lips
- * No response to noise or touch
- * Pin point pupils

Don't waste time doing things that don't work!

⊘ Don't inflict pain



⊘ Don't give them any other drugs e.g. Stimulants



⊘ Don't put them in bath or shower.



⊘ Don't walk them around



⊘ Don't fuck off & leave them on their own



STAY WITH THEM!



If you use alone their is nobody to help you

DONT DELAY

Act fast to save a life



If you have naloxone
be prepared to use it.
Naloxone Saves Lives.

1 Shake them &
shout their name.

Oi
Tommy!



2 Open the airway by
tilting the head back
and lifting the chin.



3 Look, listen and feel to
check they are breathing



4 If they won't wake
up but you still hear
them breathing, put them
in the Recovery Position



The Recovery Position

The Recovery Position keeps the airway open

1. Place hand like they are waving



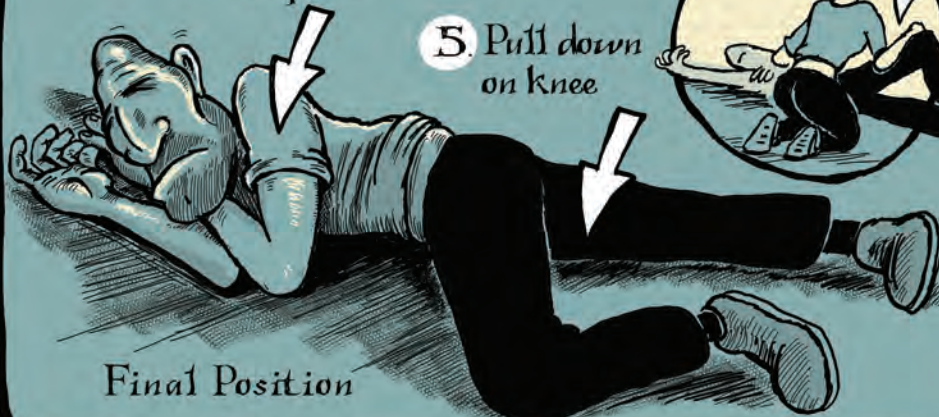
2. Place other arm across chest resting against cheek.

3. Raise knee



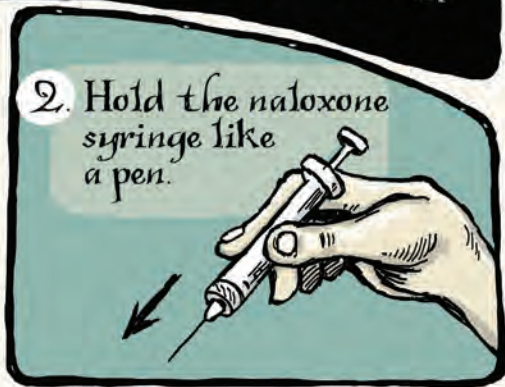
4. Hold arm in place


5. Pull down on knee

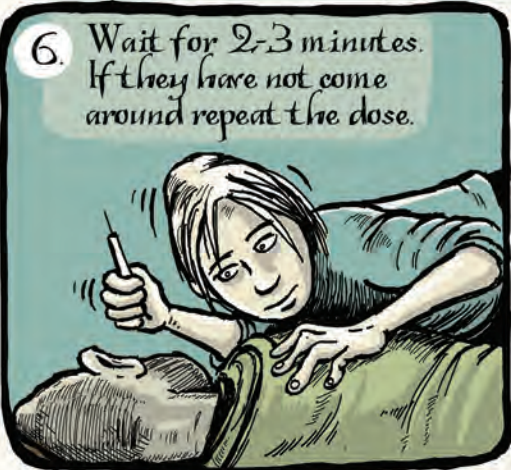


Final Position

If they are unconscious but **STILL BREATHING**.



5. Call for an ambulance 



You can't overdose on naloxone...
Repeated doses will do no harm.

If they are unconscious but **NOT BREATHING**..

1 Call for an ambulance



2 Chest Compressions

Clasp hands over heart
and push hard.

Do this
30
TIMES



3 Rescue Breaths

Pinch nose and breath
steadily into mouth.

Do this
2
TIMES



4 Inject naloxone

Inject
ONE DOSE
of naloxone



If they are unconscious but **NOT BREATHING**

5 Give 30 chest compressions followed by 2 rescue breaths

Do this **3** TIMES



6 Inject another dose of naloxone.

Inject 1 DOSE of naloxone



7 Repeat 5. and 6. until they're conscious

Continue giving chest compressions and rescue breaths followed by a dose of naloxone until they come around.



Followed by another injection of naloxone.



Once they come round they may experience withdrawal symptoms

But there is a high risk of overdose if they use again as naloxone is short acting



Thanks to naloxone and knowing what to do...

