



**UNODC**

United Nations Office on Drugs and Crime



**National AIDS Control Organisation**

India's voice against AIDS

Ministry of Health & Family Welfare, Government of India  
[www.nacoonline.org](http://www.nacoonline.org)

**ALL ABOUT**

**VERDOSE**



# How to use this Flip Book

- Use this Flip Book in a session.
- Always come prepared for each session. Read the flip book well before you begin so that you know the story and need minimum assistance in terms of reading the text.
- Before beginning with the flip book, introduce yourself informally and ask the audience to introduce themselves too.
- Begin with an informal discussion on overdose and create an environment for information sharing and discussion.
- Hold the flip book at a level and an angle by which the pictures are visible to all and the text on the back side is visible to you.
- Make sure that you look at everyone from time to time and keep them interested.
- Encourage the audience to talk and share their views.
- Treat all members of the audience equally and fairly.
- Create a positive atmosphere by encouraging the audience to clap whenever a member says something positive in response to the issue discussed.
- Try and keep the sessions brief and crisp.





**UNODC**

United Nations Office on Drugs and Crime



National AIDS Control Organisation

India's voice against AIDS

Ministry of Health & Family Welfare, Government of India

[www.nacoonline.org](http://www.nacoonline.org)

**ALL ABOUT**

**VERDOSE**

**INTERACTIVE FLIP BOOK**

Raju, Afzal, Lucky were best friends who always enjoyed each other's company. The three young men would always hang out together every day.







Soon, Afzal got a job with a courier company and shared his happiness with his friends. He was happy and all set to start a new life.







Happy to hear this, they decided that it was now time to celebrate. The three decided to share some alcohol through the evening to celebrate the good news.







“Cheers to Afzal!” they exclaimed.

“Finally at least one of us has managed to do something about his life. I am sure we will follow soon...”







And then, Raju brought out a syringe wanting to inject drugs like the three did before. Though Afzal resisted, both Raju and Lucky persuaded him to be a sport and share some heroin with them







And once again the three went back to their old ways of drugs and alcohol. Just like good old times.

“After all it’s time to celebrate!”







Happy to meet, Lucky brought out some heroin that he had bought from a new dealer. Lucky was excited to try this new stuff. Afzal and Raju tried telling him to be cautious as they did not know of this dealer's stuff, but Lucky insisted that it would be safe. Soon they started shooting the new stuff.









*(Now open a discussion with audience)*  
So friends, lets recap what we have seen so far.

- Three friends meet
- They start drinking
- Soon they start shooting
- Then they shoot heroin bought from a new dealer





Slowly, Afzal started feeling unwell. His eyes were getting smaller and he was feeling drowsy. Raju tried convincing him that this was normal and a minor reaction as he was trying drugs after a long time. But that wasn't working for Afzal. He was sweating and having difficulty in breathing. His lips were turning blue in colour.







And slowly Afzal fell unconscious.  
Alarmed, Lucky tried shaking him, shouting his name, trying to wake him up.  
Raju noticed Afzal's lips turning blue and realised the problem. He asked Lucky to run and get the doctor friend here.







Lucky ran to the doctor friend, telling him about all that had happened and Afzal's condition.







**VERDOSE SYMPTOMS**

OVERDOSE IS WHEN A PERSON TAKES DRUGS MORE THAN HE/SHE CAN TOLERATE. OVERDOSE CAN BE FATAL.

HOW DO YOU KNOW IT'S OPIOD OVERDOSE IF...

- THE PERSON DOES NOT RESPOND
- HAS BLUE LIPS AND FINGERNAILS
- VOMITS
- BREATHES SLOWLY
- PUPILS BECOME SMALLER
- SLIPS INTO COMA

**AVOID**

- MIXING
- SHOOTING ALONE
- RELAPSE



In the meanwhile, Raju began to put Afzal in the recovery position so that he wouldn't choke in case of vomitting.

Step I: Raise the right hand next to the face.









Step II: Bring the left hand on the chest.





Step III: Raise the left knee.







## Step IV:

- Turn the person to his right, with his face pointing towards the ground.
  - His face should rest on his left hand.
  - The right hand should be on the ground.
- This will prevent him from choking.



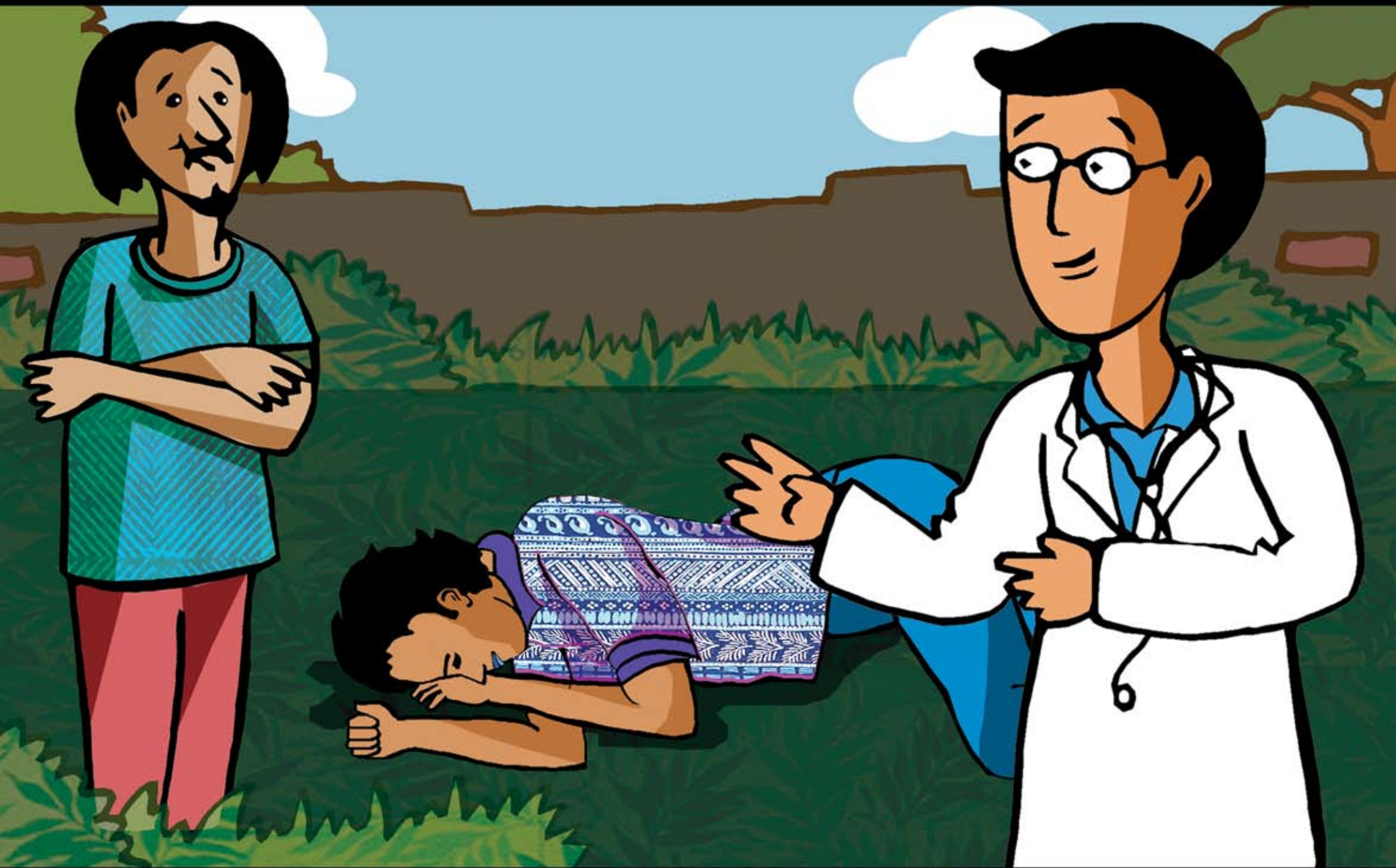




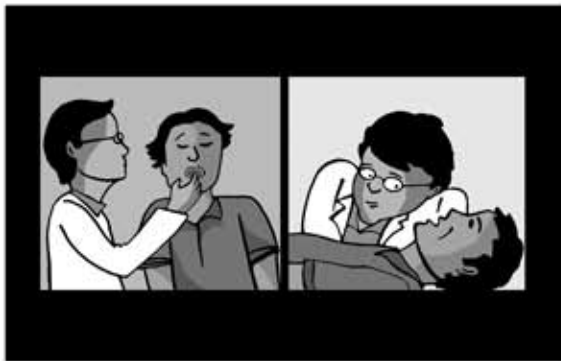


When the doctor friend arrived, he was impressed with Raju for putting Afzal in the right position. He was curious to know where Raju had learnt it. Raju smiled and replied: 'Actually doctor, I go to an IDU TI where I learnt this.'

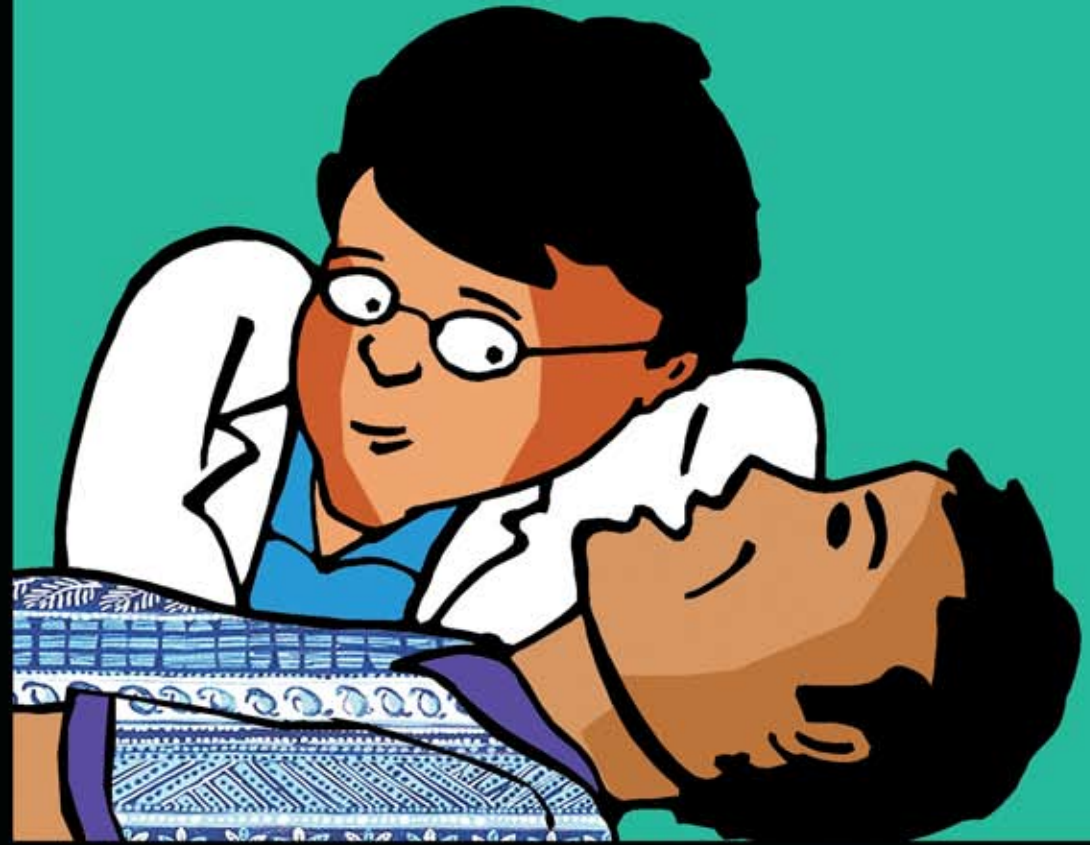




The doctor then put Afzal flat on his back and opened Afzal's mouth with a finger to make sure that nothing was blocking his airway. He then put his ear to Afzal's mouth and checked his breathing.







The doctor then placed his mouth over Afzal's and began to exhale deeply. As he did this, Lucky and Raju noticed Afzal's chest going up. After repeating this a couple of times, the doctor put his ear again to Afzal's mouth and checked his breathing pattern.







Gradually, Afzal started breathing again. Both the doctor as well as Raju and Lucky were relieved. Lucky gathered himself and asked the doctor as to what had happened to Afzal.

**The doctor confirmed that Afzal had Overdose.**





The doctor then explained Overdose in detail.

‘Now Afzal had been out of drugs for a while now, so when he tried all this he had today, he had Overdose. Overdose happens when a person takes opioid drugs or opioids in combination with other drugs such as alcohol, sedatives in quantities that the body cannot handle. As a result, the brain is not able to function normally. The person may pass out, stop breathing, have heart failure, or experience convulsions.’







VERD  SE





*(Now open a discussion with audience)*  
So friends, lets recap what we have seen so far.

- Three friends meet & start drinking.
- Soon they start shooting.
- Then they shoot heroin bought from a new dealer.
- Soon Afzal passes out.
- He's had Overdose.







At this point, the doctor thought it was important to share why Overdose may happen:

- **STAYING AWAY FROM THE DRUGS:** In this case Afzal was out of it for a few months now.
- **CHANGE IN THE PURITY OF THE DRUGS:** Now these boys tried some heroin bought from a new dealer along with alcohol, without knowing much about the dealer or his stuff. That's dangerous!
- **MIXING DIFFERENT TYPES OF DRUGS:** Not only did they try some new stuff but also consumed alcohol along with it.





# VERD **O** SE

## REASONS



**STAYING AWAY FROM THE DRUGS**



**CHANGE IN THE PURITY OF THE DRUGS**



**MIXING DIFFERENT TYPE OF DRUGS**

The doctor also shared other reasons that may lead to Overdose.

- **PHYSICAL ILLNESS:** If the body is weak or lacks nutrition or is dehydrated.
- **MENTAL ILLNESS** especially depression

*(Ask the audience to recall the risk factors. Open a discussion by asking the audience- have they or do they know anyone who has experienced Overdose.)*







# VERDOSE

## REASONS



**PHYSICAL ILLNESS**

---



**MENTAL ILLNESS**

---



So, what are the warning signs of Overdose:

- **CAN'T BE WOKEN UP BY NOISE OR PAIN**
- **BLUE OR ASHY LIPS AND FINGERNAILS**
- **SLOW OR SHALLOW BREATHING**  
**(LESS THAN 1 BREATH EVERY 5 SECONDS)**

*(Elaborate these points with a discussion)*



# VERD **O** SE

## WARNING SIGNS



**CAN'T BE WOKEN UP BY NOISE OR PAIN**

---



**BLUE OR ASHY LIPS AND FINGERNAILS**

---



**SLOW OR SHALLOW BREATHING**

---



So, what are the warning signs of Overdose:

- **GASPING, GURGLING, OR SNORING**
- **VOMITING**
- **PALE FACE**
- **PASSING OUT**
- **TIRED BODY**

*(Elaborate these points with a discussion)*





# VERDOSE

## WARNING SIGNS



**GASPING, GURGLING, OR SNORING**

---



**VOMITING**

---



**PALE FACE**

---



**PASSING OUT**

---



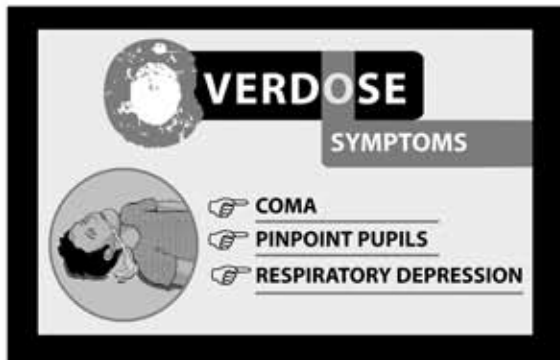
**TIRED BODY**

---



Hence, overall the signs and symptoms can be broadly categorized as:

- **COMA:** A state of unconsciousness, in which a person cannot be awakened and fails to respond normally to painful stimuli (e.g pinching), light or sound.
- **PINPOINT PUPILS:** Constriction of the pupils i.e, pupils become smaller in size.
- **RESPIRATORY DEPRESSION:** Difficulty in breathing.







# VERD **O** SE

## SYMPTOMS



**COMA**

---



**PINPOINT PUPILS**

---

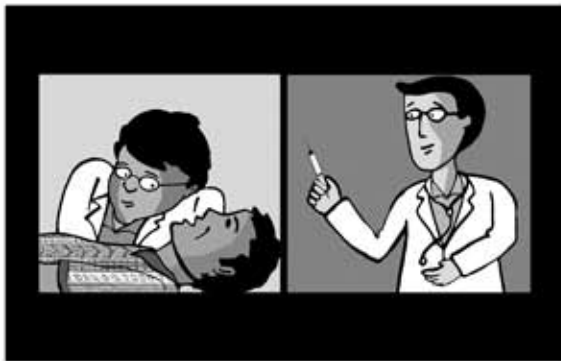


**RESPIRATORY DEPRESSION**

---

The doctor then listened to Afzal's breath again and decided that it was now time for an injection.

He would be injecting a dose of Naloxone.







This is Naloxone. It is a safe injection to treat overdose and prevents death associated with overdose. Naloxone also reverses life-threatening depression of the brain and respiratory system by blocking opioid for 30-90 minutes.

**Most importantly, it wakes you up and makes you breathe.**

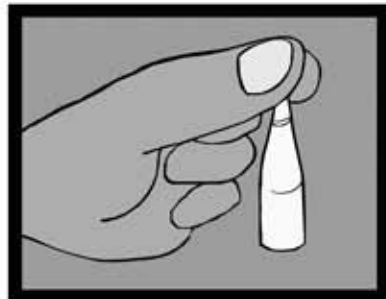




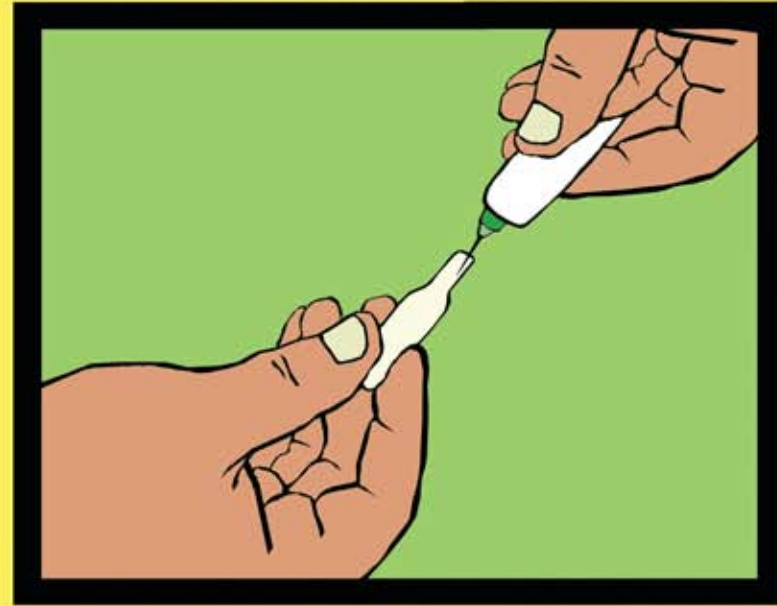
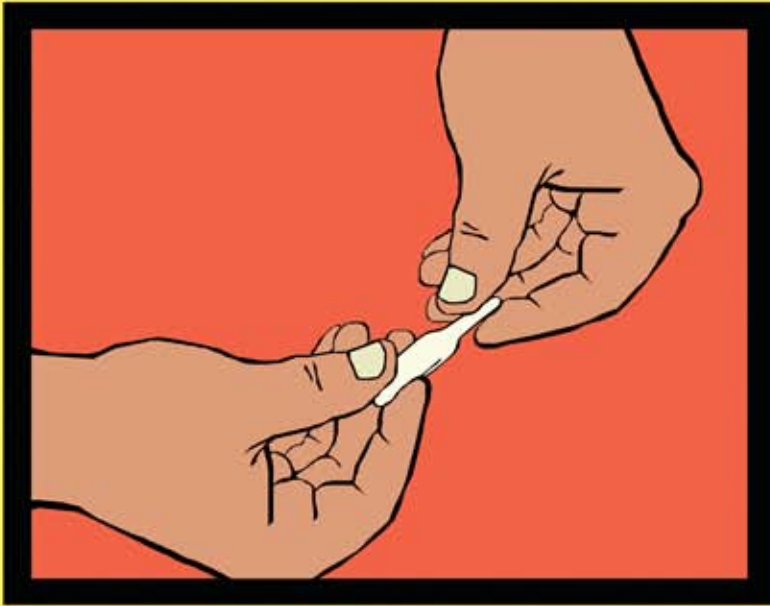
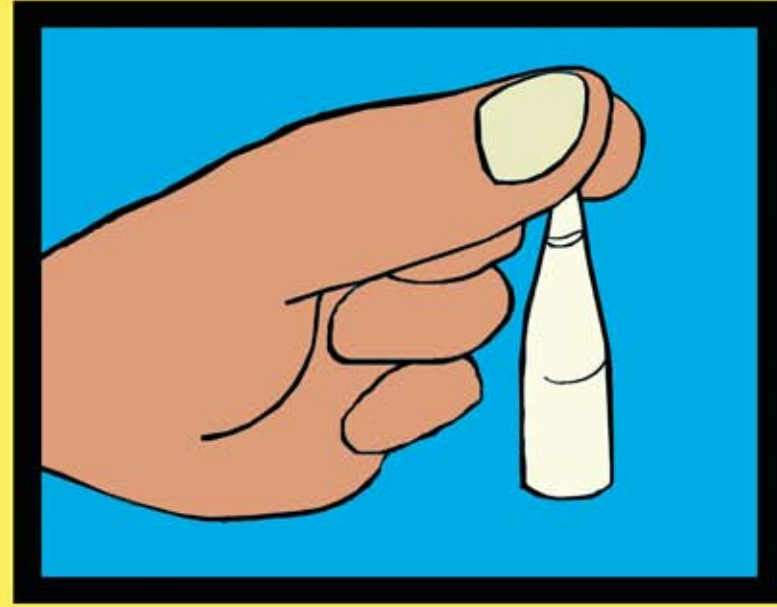
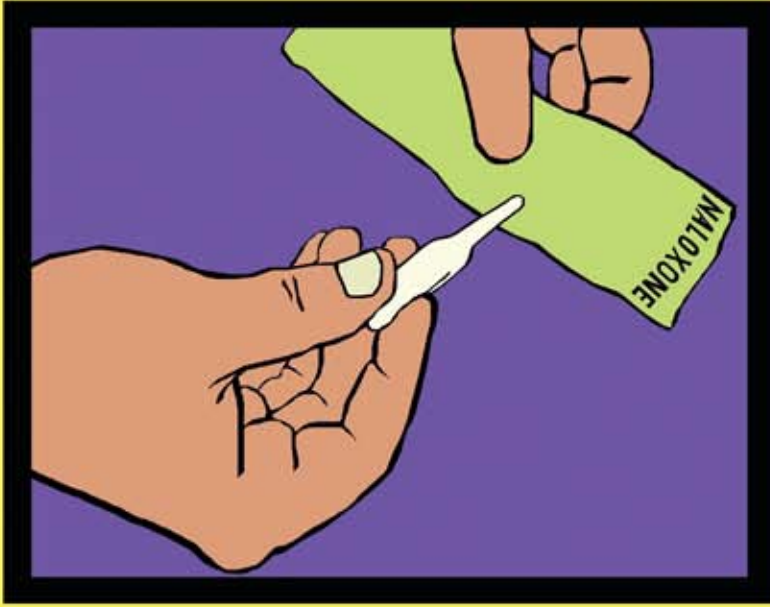
## To prepare Naloxone:

- **Break the ampoule** low enough so that the needle can be inserted far enough in the ampoule to draw up the Naloxone.
- **Insert the needle**, ideally use a long, intramuscular needle (usually 3 cm or longer), and draw up all the Naloxone into the syringe.
- **Push the plunger down** to clear air from the syringe before injecting, just as you would before injecting drugs.

*Repeat these instructions with a demo if possible*



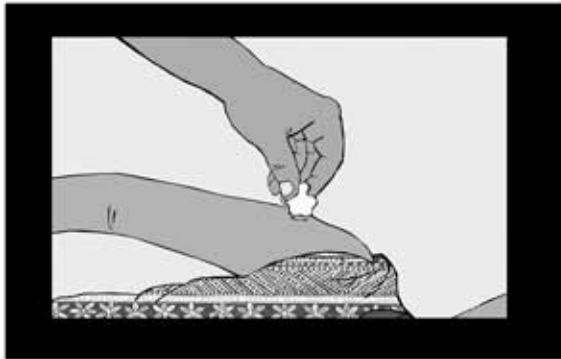




Remember to remove clothing and clean the injection site with an alcohol swab before injecting

***Ask the audience:***

***So what's the name of the medicine, the doctor injected?***

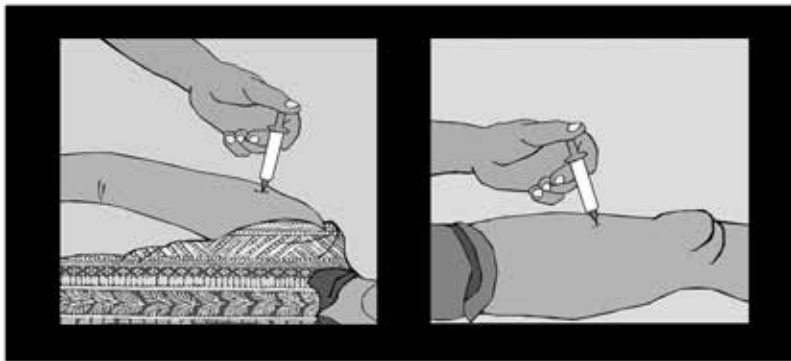


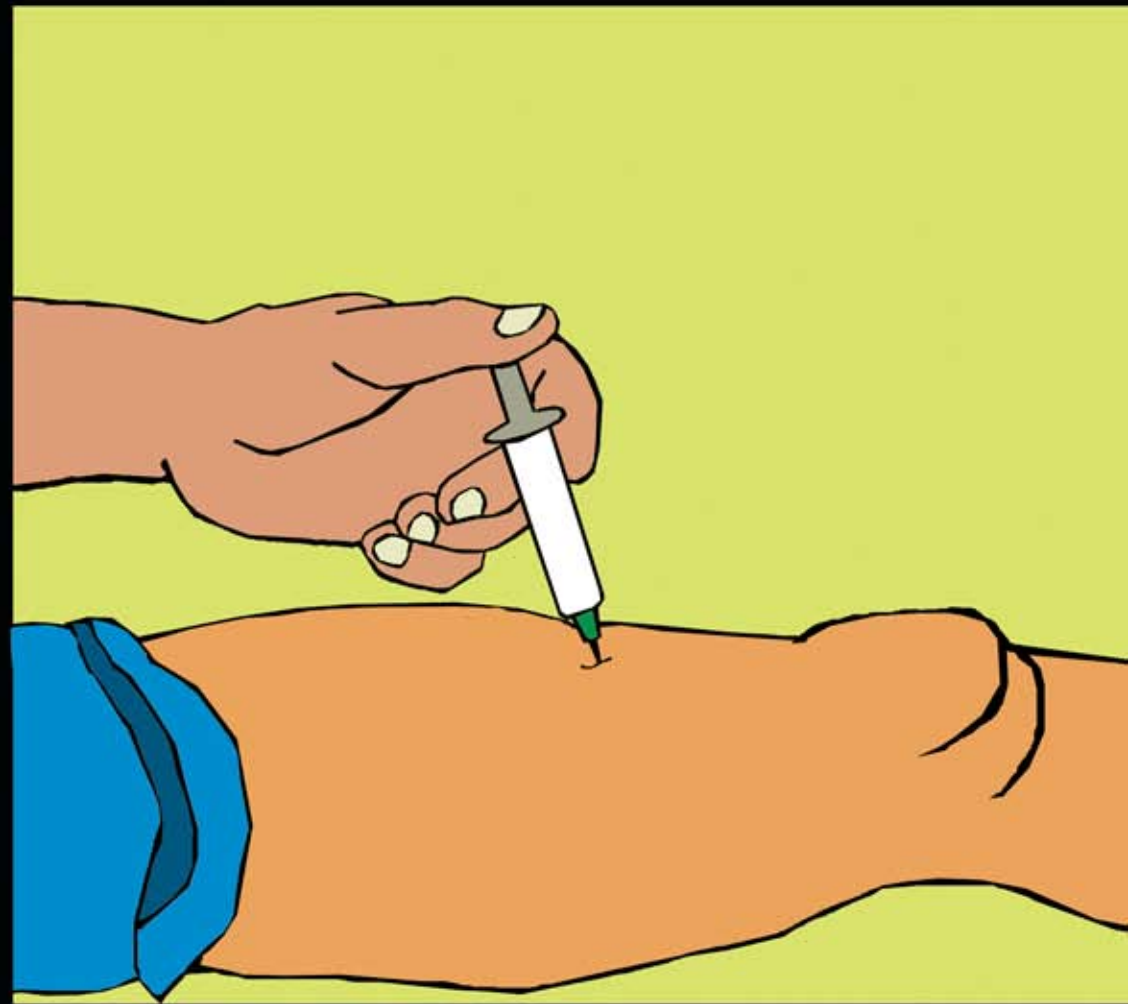




This must be injected in the upper arm or thigh or the backside.

It can be given Intramuscularly (IM) or Intravenously (IV) and both are equally effective. Now if the first shot doesn't work within 4 minutes, give a second dose of Naloxone.





Slowly Afzal gained consciousness and the doctor began to comfort him.

‘Hello Afzal’ he said. ‘You’re doing well my friend. Don’t stress, you’ll be fine in sometime. Your friends were quick to respond and they got me here.’









The doctor repeated that we still have to monitor Afzal. This is important to make sure that he is OK. As in some cases overdose can come back. In that case we can repeat the above mentioned steps.

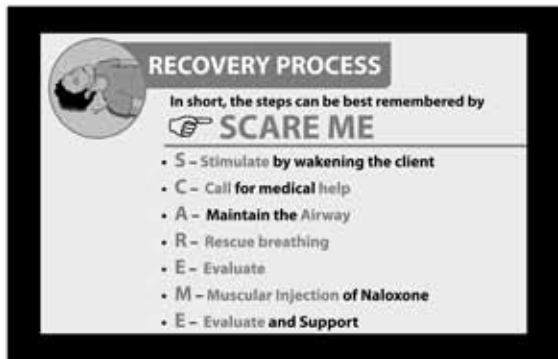
***Ask the audience: So what are the steps in case overdose happens. Initiate a discussion.***





In short, the steps can be best remembered by an acronym '**SCARE ME**'

- **S** – **Stimulate by wakening the client**
- **C** – **Call for medical help**
- **A** – **Maintain the airway**
- **R** – **Rescue breathing**
- **E** – **Evaluate**
- **M** – **Muscular Injection of Naloxone**
- **E** – **Evaluate and Support**





# RECOVERY PROCESS

In short, the steps can be best remembered by



## SCARE ME

- **S** – **Stimulate** by wakening the client
- **C** – **Call** for medical help
- **A** – **Maintain the Airway**
- **R** – **Rescue breathing**
- **E** – **Evaluate**
- **M** – **Muscular Injection** of Naloxone
- **E** – **Evaluate** and Support



Now it is also important to know the things that should never be done. Isn't it?

- **Don't leave someone who's overdosing alone except if you absolutely must leave the area to call for help; he could stop breathing and die.**
- **Don't put him in the bath; person can die.**
- **Don't give him anything to drink or induce vomiting; he could choke.**





**IN CASE OF**

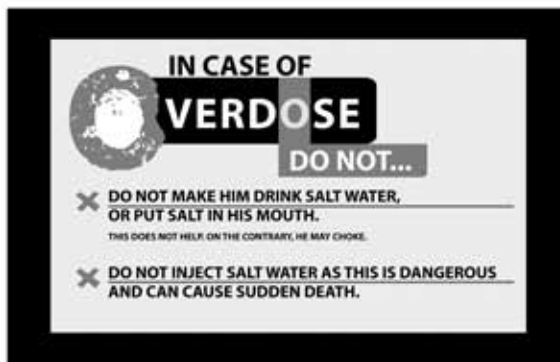
**VERD O SE**

**DO NOT...**

- ✘ DO NOT LEAVE SOMEONE WHO'S OVERDOSING ALONE**  
**EXCEPT IF YOU ABSOLUTELY MUST LEAVE THE AREA TO CALL FOR HELP;  
HE COULD STOP BREATHING AND DIE.**
- ✘ DO NOT PUT HIM IN THE BATH; PERSON CAN DIE.**
- ✘ DO NOT GIVE HIM ANYTHING TO DRINK OR  
INDUCE VOMITING; HE COULD CHOKE.**

Now it is also important to know the things that should never be done. Isn't it?

- **Do not make him drink salt water, or put salt in his mouth. This does not help. On the contrary, he may choke.**
- **Do not inject salt water as this is dangerous and can cause sudden death among the clients.**





**IN CASE OF**

**VERD O SE**

**DO NOT...**



**DO NOT MAKE HIM DRINK SALT WATER,  
OR PUT SALT IN HIS MOUTH.**

**THIS DOES NOT HELP. ON THE CONTRARY, HE MAY CHOKE.**

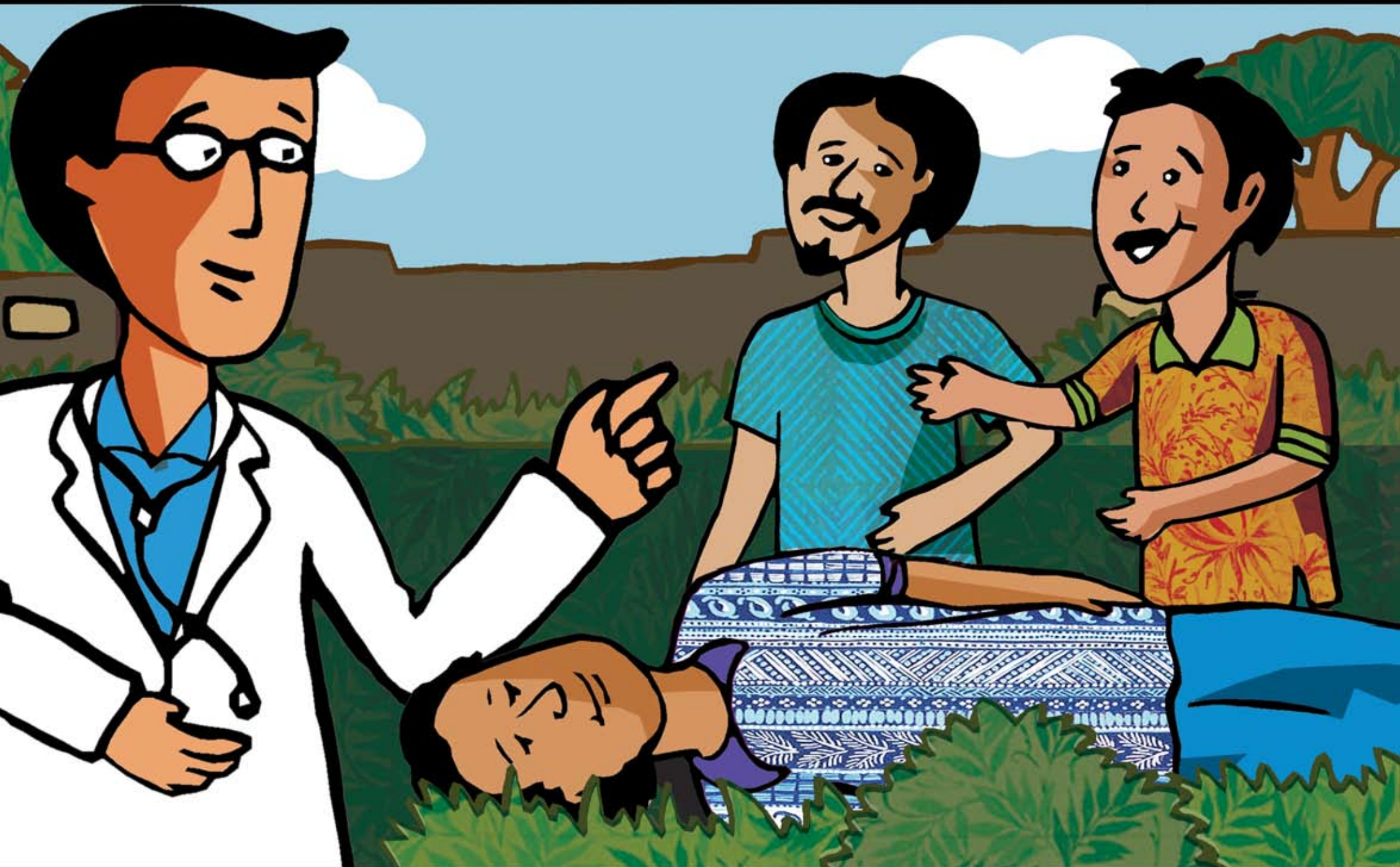


**DO NOT INJECT SALT WATER AS THIS IS DANGEROUS  
AND CAN CAUSE SUDDEN DEATH.**



The doctor then warned Afzal that he might get withdrawal symptoms after Overdose, but not to give in. Realising their mistakes, Lucky & Raju also promised the doctor that never again would they do any more mixing or experimenting with heroin from a new dealer.





Afzal got up and thanked the doctor and his friends who saved him.



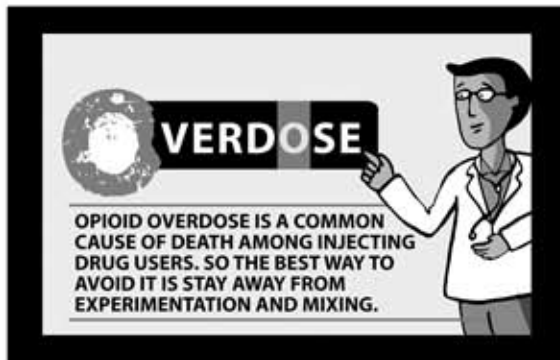






**OPIOID OVERDOSE IS A COMMON  
CAUSE OF DEATH AMONG INJECTING  
DRUG USERS.**

**SO THE BEST WAY TO AVOID IT IS TO  
STAY AWAY FROM EXPERIMENTATION  
AND MIXING.**





# OVERDOSE

---

**OPIOID OVERDOSE IS A COMMON CAUSE OF DEATH AMONG INJECTING DRUG USERS.**

**SO THE BEST WAY TO AVOID IT IS TO STAY AWAY FROM EXPERIMENTATION AND MIXING.**

---



So friends,  
Now we all know and realise that

**OVERDOSE CAN BE FATAL.  
BUT IT IS AVOIDABLE!**

**STAY HEALTHY. STAY SAFE!**





**AVOID**



**VERD O SE**