

Overdose Prevention

OPIOIDS (“downers”) are drugs that can make a person experience euphoria (feeling "high," intense pleasure), relieve pain, slow down heart rate and breathing, constrict pupils, cause drowsiness and slow, slurred speech. If these effects cause a person to lose consciousness or stop breathing, this is **OVERDOSE** or **POISONING**.

PREVENT AN OVERDOSE

Don't use alone – Use at a Supervised Consumption Site or stagger use with others.

Use safer routes – Oral use, snorting or smoking are safer than injection

Start low and go slow – Do a small test dose first to see if you can handle your drug

Don't mix drugs – Speedballs, and mixing prescription/street, alcohol, cannabis can compound overdose symptoms

Know your tolerance – Sober time and infrequent use can lower your tolerance and make you more sensitive to drugs

Always prepare your own drugs

Carry a Naloxone Kit and know how to use it

Know the signs and symptoms of overdose and call 911 for help

SIGNS OF OPIOID OVERDOSE

Loss of consciousness

Unresponsive to loud speech or painful touch

Body is limp

Breaths are slow, irregular or absent

Heartbeat is slow, irregular or absent

Choking, snoring, or gurgling

Pale appearance, fingernails and lips blue

Seizure-like movements

Skin is cold or clammy

Pupils are constricted or tiny

For more information on safer drug use, go to www.drugsafe.ca

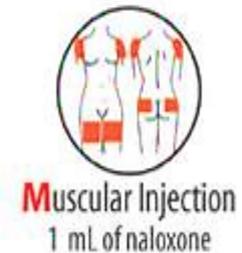
OVERDOSE RESPONSE

Follow the **SAVE ME** steps to respond to an overdose

If the person must be left unattended at any time, put them in the recovery position.






S TIMULATE	Attempt to wake them by speaking loudly or rubbing the knuckles of your fist on their breastbone. If unresponsive, call 911 and follow the operator's instructions.
A AIRWAY	Are they breathing? If not, open the airway by tilting head back and lifting chin up and place the rescue breathing mask on the person's face correctly (you should be able to read the instructions on the mask).
V ENTILATION	Give 1 breath every 5 seconds for 2 minutes. Chest should rise with each breath.
E VALUATE	Are there any changes? If none, inject naloxone.
M MUSCULAR INJECTION	Expose thigh (if possible) and clean skin with alcohol swab. Insert needle of syringe into rubber top of vial, invert and draw up entire vial by pulling back on plunger (1 mL of liquid). Hold needle like a dart and insert into middle outer thigh muscle at 90° angle. Inject drug by pressing down on plunger slowly and completely. Needle will pull into barrel of syringe automatically once plunger is fully pressed. Naloxone will take 2 – 5 minutes to work. Continue rescue breathing for another 2 minutes
E VALUATE again	If no change administer 2 nd dose of naloxone followed by 2 minutes of rescue breathing. Give 3 rd dose of naloxone as needed and continue rescue breathing until person breathes on their own or help arrives If the individual starts to breathe on their own, or you need to leave them at any point, place them in the recovery position