

# Opiates Overdose Signs and Symptoms

## Call 911 if:

- Breathing is slow or not breathing at all
- Nails and lips are blue
- Choking or throwing up
- Making gurgling sounds
- Skin is cold and clammy
- You can't wake them up

Don't use opiates, including fentanyl by yourself.

# Tips to help prevent an overdose



- Don't use by yourself
- Do 'test shots'
- Start using in small amounts if you haven't used in awhile
- Even small amounts can result in overdose
- Don't mix drugs
- Avoid speedballing
- Always carry a Naloxone Kit, and learn rescue breathing

**For info call 811,**  
**or visit [www.StopODs.ca](http://www.StopODs.ca)**

**For emergencies call 911**