

# OPIOID OVERDOSE

## INSTRUCTIONS:

**START**

Check for 1 or more of these signs of an overdose:



**LIPS AND NAILS** are blue or grey

OR



**BREATHING IS STOPPED OR SLOWER THAN EVERY 5 SECONDS**

OR



**STRANGE SNORING SOUNDS** or coughing, gurgling, or choking sounds

OR

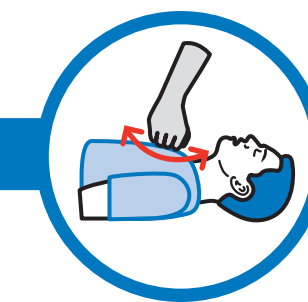


**CANNOT BE WOKEN UP** after you call their name or nudge their foot

**CALL 9-1-1 RIGHT AWAY!**

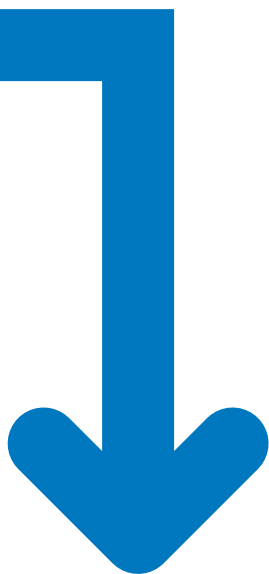
Overdoses are a medical emergency & need medical care.

1. Tell them your location.
2. Explain how the person is not breathing and not responsive.



**RUB YOUR KNUCKLES HARD AGAINST THEIR UPPER CHEST**

To wake the person up. Call their name. Still unresponsive? If you haven't already, **CALL 9-1-1 NOW.**



**GIVE A BREATH**

**SNAP OFF THE TOP OF THE AMPOULE**  
It will break in two pieces with little pressure.

**GIVE A BREATH**

**SWIRL AMPOULE IN CIRCLES TO GET ALL LIQUID TO BOTTOM**  
GET ALL LIQUID IN THIS HALF

**GIVE A BREATH**

**TAKE 1 AMPOULE OUT FROM THE MEDICINE BOTTLE**

**GIVE A BREATH**

**Giving breath is critical.**  
Give 1 breath every 5 seconds whether you have naloxone or not.

**PERSON STILL UNRESPONSIVE? CONTINUE TO NEXT STEP**  
Person breathing normally? Stop here.

**PINCH NOSE, GIVE 2 BIG BREATHS USING FACE SHIELD FROM KIT OR OTHER BARRIER IF NEEDED**  
Check to make sure the chest rises when you give air.

**TILT HEAD BACK, CHECK AIRWAY**  
Remove anything blocking the mouth's airway.

**GIVE A BREATH**

**UNWRAP SYRINGE. PUT NEEDLE IN LIQUID, PULL UP PLUNGER**  
Try to draw up all of the ampoule's liquid into the syringe.

**GIVE A BREATH**

**PUSH AIR OUT OF SYRINGE**  
Turn the needle facing tip-up, gently push the plunger until most of the air is pushed out.

**GIVE A BREATH**

**FIRMLY PUSH NEEDLE IN THIGH, BUTT, OR UPPER ARM MUSCLE**  
Needle can go through clothes. Never put it in the heart.

**GIVE A BREATH**

**PUSH PLUNGER DOWN HARD**  
It will click and needle will retract.

**GIVE A BREATH**

**PERSON STILL UNRESPONSIVE AFTER 3 - 5 MINUTES? GIVE ANOTHER INJECTION**  
Continue to give 1 breath every 5 seconds.

**WHEN THEY WAKE UP:**

1. Explain what happened because they may have forgotten overdosing.
2. Discourage more substance use for now. The sick feeling will go away when the naloxone wears off (30 - 75 minutes).
3. Wait for the ambulance and encourage the person to go to the hospital.
4. Stay calm, now is not a good time to get upset with the person who overdosed.

**TIPS ON HOW TO GIVE BREATHS:** Give 1 breath every 5 - 6 seconds (or 10 - 12 times per minute).

- Check airway, remove anything blocking the airway.
- You can breathe through the protective face shield from the kit.
- Pinch nose firmly so the air you give goes into the lungs and doesn't escape through the nose.
- Tilt the head back to open the throat for better airflow.
- If person becomes ill, put person in recovery position.
- Keep an eye on the chest to see if it is rising while you give breaths, and falling as the person exhales.

**Are you by yourself?**  
Prepare the naloxone between giving breaths.

**Is someone else with you?**  
Have that person give breaths while you prepare the naloxone.

**THE RECOVERY POSITION:**

If you need to leave, or if the person becomes ill, put them in this position:

Hand supports the head

Knee stops the body from rolling forward onto stomach

For more information visit: [fraserhealth.ca/overdose](http://fraserhealth.ca/overdose)