

Responding to an opioid overdose



**Use Naloxone.
Give Breaths.**



Call 911. Stay and help. Canada's Good Samaritan Drug Overdose Act may protect you.

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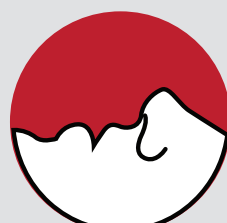
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Signs of an opioid overdose

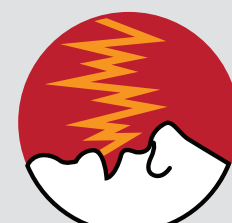
Opioids are depressants that slow the body down, especially our breathing. They include fentanyl, carfentanyl, heroin, oxycodone, codeine, morphine, methadone, hydromorphone and others.



Not moving and can't be woken



Slow or not breathing



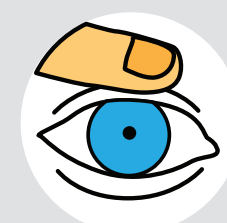
Choking, gurgling sounds or snoring



Blue lips and nails



Cold or clammy skin



Tiny pupils

SAVE ME steps



STIMULATE
Not responding?
Call 911



AIRWAY
Check and open



VENTILATE
1 breath every 5 seconds



EVALUATE
Breathing?



MEDICATION
1 dose of naloxone*



EVALUATE & SUPPORT
Wait 5 minutes. Another dose?

Keep giving breaths

Brain damage can occur within minutes. Naloxone works in 3-5 minutes. For those trained in CPR: If a person is found not breathing and the overdose not witnessed, give chest compressions too.

*The Take Home Naloxone program distributes injectable naloxone only.

CALL 911. Stay and help. Naloxone wears off in 20-90 minutes so an overdose can return.

Canada's Good Samaritan Drug Overdose Act may protect you. More at: canada.ca/opioids

Tips To Save A Life

All routes of taking drugs can cause an overdose.



Have a buddy or use overdose prevention sites. Make sure someone can call for help.



Start low, go slow. Drugs may be stronger than you realize. Check drugs when you can.



Have an overdose plan. Carry naloxone.



Beware of mixing. Avoid using alcohol. Prescription drugs can increase risk of overdose.



Take care of yourself. Use less when having health issues or haven't used for a while.

Find out where you can get naloxone at

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Responding to a stimulant overdose



There is no antidote to stimulant overdose.

Call 911. Stay and help. Canada's Good Samaritan Drug Overdose Act may protect you.

BC Drug & Poison Info Centre
(24 hrs): 1-800-567-8911

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Signs of a stimulant overdose

Stimulants or “uppers” speed the body up, like amphetamines, crystal meth, cocaine, MDMA (Ecstasy), Ritalin/Adderall and caffeine.



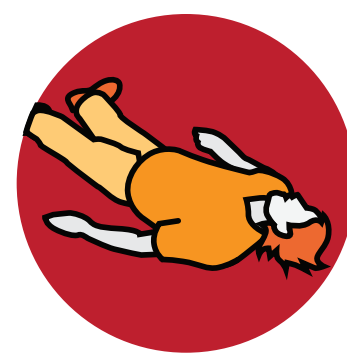
Rigid, jerking limbs or seizures

Remove any object nearby that could hurt them. Do not restrain or put anything in their mouth.



Fast pulse or chest pains

If the heart has stopped, provide chest compressions.



Unconscious or in-and-out

If unconscious, do not put anything in their mouth.



Skin feels hot, sweating or severe headaches



Anxiety, paranoia, confusion, agitation or hallucinations

They may be *overamping* and need support and rest.

- Encourage not using any more substances
- Move away from activity and noise
- Give water but don't overhydrate
- Place cool, wet cloths on forehead, back of neck, armpits



CALL 911. Stay and help. Keep the person comfortable, conscious and hydrated. BC Drug & Poison Info Centre 1-800-567-8911 (24 hrs)

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If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, **you will not be charged with:**

- Simple possession (possession for your own personal use) of an illegal substance
- Breach of probation or parole relating to simple drug possession

The Act however **does not protect** against charges related to:

- Selling illegal drugs (trafficking)
- Offences other than drug possession
- Any outstanding arrest warrants
- Violation of pre-trial release, probation order, conditional sentence or parole for an offence *other* than simple possession

There is no antidote to stimulant overdose. CALL 911.



Naloxone will not reverse a stimulant overdose but it can still help if a person has taken a mix of drugs. When in doubt, use naloxone. It's safe.

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