OVERDOSE AWARENESS

YOU HAVE THE POWER TO SAVE A LIFE!

Know The Risks

OPIOIDS
Have morphine-like effects and prescribed for pain relief. E.g. heroin, morphine, codeine, methadone, fentanyl, oxycodone, Vicodin, Percocet

Know The Signs

Breathing
- Slow or no breaths
- Unusual snoring
- Gurgling sounds
- Choking

Consciousness
- Can’t talk or walk
- Can’t stay awake
- Won’t wake up / Unresponsive
- Body is limp

Physical
- Clammy or cold skin
- Blue lips or nails
- Pinpoint pupils

Know the Response

Stay calm.
Call for help.
Follow SAVE ME steps.
Stay with the person.
Put person in recovery position if you have to leave.

S = STIMULATE Tap & Shout.
A = AIRWAY check
V = VENTILATE Give 1 breath every 5 seconds
E = EVALUATE
M = MUSCULAR injection of naloxone
E = EVALUATE

OVERDOSES HAPPEN (often)
Use safely.
Make a plan for when things go wrong

Call for help before its too late!

Dial 9-1-1 for ALL emergencies

Healthlink BC
Dial 8-1-1
BC Drug & Poison Info Centre
Dial 1-800-567-8911

Developed by the BC Harm Reduction Program: www.towardtheheart.com

powered by Piktochart
make information beautiful