

# Responding to an opioid poisoning



**Give Breaths. Use Naloxone.**



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

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## Signs of an opioid poisoning

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



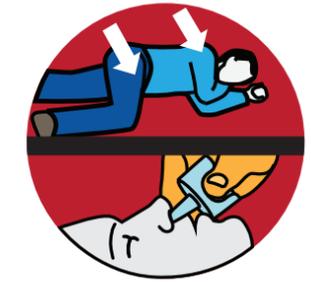
**AIRWAY**  
Check and open



**VENTILATE**  
1 breath every 5 seconds



**EVALUATE**  
Breathing?



**MEDICATION**  
Give 1 dose of naloxone



**EVALUATE & SUPPORT**  
Keep giving breaths. Give another dose every 3 minutes until breathing normally.

### Keep giving breaths

Brain damage can occur within minutes. Naloxone will start to work in 2-5 minutes. For those trained in CPR: If a person is found not breathing and the drug poisoning not witnessed, give chest compressions too.

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**CALL 911.** Stay and help. Naloxone wears off in 30-120 minutes so a drug poisoning can return.

Canada's Good Samaritan Drug Overdose Act may protect you. More at: [canada.ca/opioids](http://canada.ca/opioids)

## Tips To Save A Life

All routes of taking drugs can cause drug poisoning.



**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 a safety plan.** Carry naloxone.



**Beware of mixing.** Avoid using alcohol. Prescription drugs can increase risk of drug poisoning.



**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 stimulant toxicity



There is no antidote to stimulant toxicity.

**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 stimulant toxicity

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



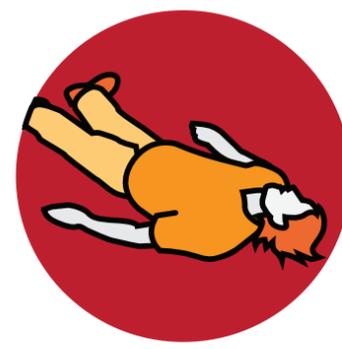
### Rigid, jerking limbs or seizures

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)

Canada's Good Samaritan Drug Overdose Act may protect you. Find more at [canada.ca/opioids](http://canada.ca/opioids)

If you are at the scene of a drug poisoning 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 toxicity. CALL 911.



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

## Tips To Save A Life

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