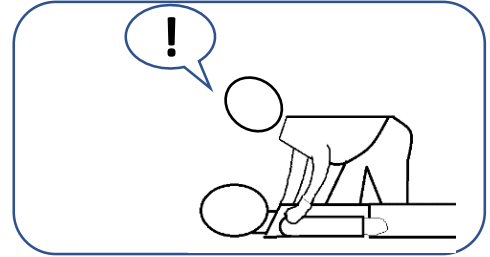


NALOXONE: FIVE STEPS TO SAVE A LIFE

1

SHAKE & SHOUT

Shake victim's shoulders and shout their name to try to wake them up.



2

CALL 911

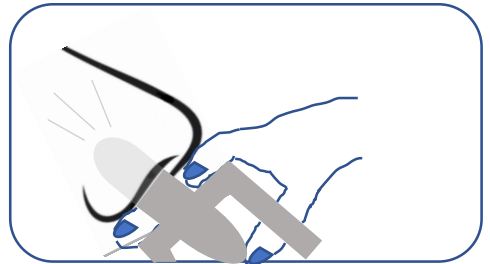
Say that someone is not responding and not breathing well.



3

GIVE NALOXONE

Insert tip of nozzle into victim's nostril and press plunger firmly.



4

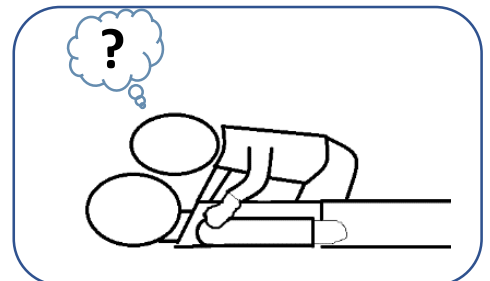
START CPR

If victim is **breathing slowly or noisily**, pinch their nose and use barrier to give **1 rescue breath** every 5–10 seconds. If victim **isn't moving, breathing, or making noise**, start **chest compressions** and, if you can, give **2 rescue breaths** every 30 compressions.

5

IS IT WORKING?

If victim doesn't wake up after 3–5 minutes, give a second dose of naloxone.



Created by
With thanks to

META:PHI
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ABOUT OPIOID OVERDOSE

WHAT IS NALOXONE?

Naloxone is a drug that can **temporarily** reverse an overdose from opioids, such as fentanyl, heroin, oxycodone, morphine, hydromorphone, or methadone.

WHAT ARE THE SIGNS OF AN OVERDOSE?

Can't stay awake

Breathing has slowed or stopped

Snoring or gurgling sounds

Purple or blue fingers/lips

Tiny pupils

Limp body

HOW CAN I REDUCE OVERDOSE RISK?

1. **Never use alone.** Go to a supervised injection site, contact the National Overdose Response Service (<https://www.nors.ca/>), or use with a buddy. Know the signs of overdose so you know when to get help.
2. **Get your drugs checked.** You can never be sure what is in the drugs you are using. If you can't get your drugs checked, use a small test dose first.
3. **Don't inject.** This is the most dangerous way of taking opioids.
4. **Don't mix,** especially other sedatives like alcohol or benzos.
5. **Keep your naloxone kit with you at all times,** and tell your family and friends that you have it.

HOW DO I GIVE NALOXONE?

1. Peel the back off the package to open and remove the device.
2. Hold with your thumb on the plunger and a finger on either side of the nozzle.
3. Insert tip of nozzle into the victim's nostril until your fingers touch the bottom of the victim's nose.
4. Press the plunger firmly with your thumb to release the dose.



youtu.be/xa7X00_QKWK

WHAT IF I'M WORRIED ABOUT MY OPIOID USE?

If you think your opioid use is problematic, **please visit a rapid access addiction medicine (RAAM) clinic to get help.** Go to

<http://www.metaphi.ca/raam-clinics> for clinic times and locations.