

# 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

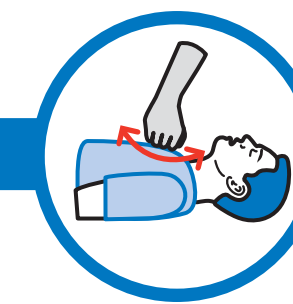


CANNOT BE WOKEN UP after you call their name or nudge their foot

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

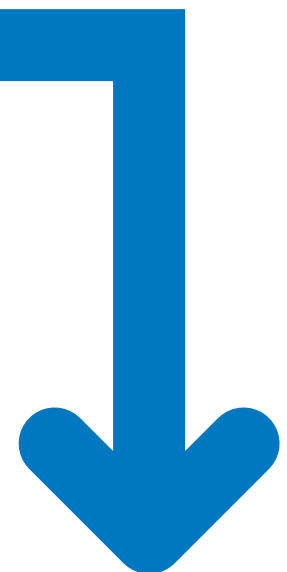
Overdoses are a medical emergency & need medical care.

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



RUB YOUR KNUCKLES HARD AGAINST THE 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.

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: [www.viha.ca/mho/overdose](http://www.viha.ca/mho/overdose)