OWERDOSE AMARENESS

OPIOIDS

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

YOU HAVE THE POWER TO SAVE A LIFE!

Know The Risks



Recreational or one-time use



... illicit or unknown contents & inexperience

Changes in prescription



... accidentally taking incorrect dose or mixing of effects

Using after period of reduced or no use



... changes in tolerance

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.

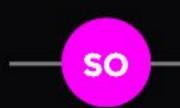
Put person in recovery position if you have to leave.





- **STIMULATE** Tap & shout.
- AIRWAY check
- V VENTILATE Give 1 breath every 5 seconds)
- E EVALUATE
- M- MUSCULAR injection of naloxone
- **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

