INSTRUCTIONS:

START

Check for 1 or more of these signs of an overdose:

- Lips and nails are blue or grey
- Breathing is stopped or slower than every 5 seconds
- Strange snoring sounds or coughing, gurgling, or choking sounds
- Cannot be woken up after you call their name or nudge their foot
- Person still unresponsive?

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.

If you haven't already, CALL 9-1-1 NOW.

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.
- 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.

The recovery position:

If you need to leave, or if the person becomes ill, put them in this position:

For more information visit: www.viha.ca/mho/overdose