

Responding to an Opioid Poisoning



by focusing on: 911 * Breathing * Naloxone

Step 1

SIGNS OF AN OPIOID POISONING



Blue lips & finger tips
(light skin tones)

Purple/ashen lips & finger tips
(darker skin tones)



Breathing is less than a breath every 5 seconds



Snoring or gurgling sounds



Cannot be woken up & unresponsive to pain

(ie. Pinch ear lobe or between thumb & index)

IF SOMEONE DOES NOT RESPOND TO A PAIN STIMULUS IT IS A MEDICAL EMERGENCY - CALL 911 IMMEDIATELY

Step 2

CHECK/CLEAR AIRWAY & PROVIDE BREATHS



Tilt head back & check airway & remove anything



Pinch nose, give 2 breaths - watch for the chest rising



Evaluate: is the person breathing normally?

If less than 10 breaths per minute go to next step

Giving breath is critical

Give 1 breath every 5 seconds

whether you have naloxone or not

Step 3

PREPARE NALOXONE & KEEP GIVING BREATHS



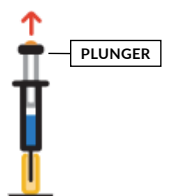
Take one naloxone ampoule out



Tilt & swirl the ampoule to get liquid into bottom



Snap off the top of the ampoule



Put needle into the ampoule and pull plunger up to load naloxone

Step 4

PREPARE NEEDLE & ADMINISTER NALOXONE



Point needle up & push out most of the air



Push needle into thigh or upper arm and push plunger down firmly until it clicks



Check for breathing. If no, continue providing breaths

After 3-5 min (35 breaths), if they are not breathing on their own give another dose of naloxone

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IMPORTANT THINGS TO KNOW ABOUT RESPONDING

- Opioid poisonings slow/stop someone's breathing. Breathe for them every 5 seconds until they start breathing for themselves. Brain damage can occur within minutes of being without oxygen.
 - If you don't have Naloxone, you can prevent a brain injury and save someone by breathing for them.
 - Naloxone reverses the effects of opioids and restores breathing.
 - Naloxone only works on opioids, but **does no harm** if there are no opioids in someone's system. If they are non-responsive and have less than 10 breaths per minute use Naloxone.
 - Naloxone works within 3-5 minutes. After 35 breaths, if they are not breathing on their own give another dose of Naloxone.
 - Naloxone wears off in 20-90 minutes: an overdose can come back. Stay with the person or have someone else stay with the person.
 - If someone requires more than the 3 doses of Naloxone, continue to follow the steps outlined until emergency services arrive.
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- **You can only do the best you can. Remember to breathe for yourself, talk to someone supportive after responding to a drug poisoning.**

TIPS TO REDUCE THE RISK OF A DRUG POISONING

- One of the greatest risks for a fatal drug poisoning is using alone.
- Use with someone and stagger your use so you can help one another if an opioid poisoning occurs.
- Use at an overdose prevention site or use a virtual overdose prevention service such as the **Lifeguard** or **Be Safe** app on a phone or tablet.
- Call the **National Overdose Response Service – 1-888-688-6677**
- Have an overdose plan, have Naloxone nearby, train people on how to respond.
- Start low, go slow – the substance may be stronger or contain other substances that increase risk of drug poisoning, such as Benzodiazepines.
- Access drug checking services to understand what is in your substances – **substance.uvic.ca**
- Take care of yourself – use less if you are unwell or have health issues