

Naloxone and You

Opioids are nervous system depressants that result in decreased heart rate, drowsiness, slow or slurred speech, constricted pupils, and a decreased breathing rate that can lead to an **overdose**. Keep yourself and/or those you love safe and reduce the risk of overdose by carrying a **Naloxone Kit** at all times.

RISK OF OVERDOSE MAY INCREASE DEPENDING ON:

- Mixing drugs
- Quantity and strength
- Other medications
- Tolerance
- Individual health
- How it's taken

Opioid Overdose Symptoms

- Unresponsive
- Slow or no breathing
- Body is limp
- Fingernails and lips are blue
- Skin is cold and/or clammy
- Pupils are tiny
- Vomiting
- Choking or snore-like gurgling sounds
- Slow, erratic, or no heartbeat
- Seizures
- Loss of consciousness

Opioid overdose can happen to anyone regardless of their drug use history or level of health.

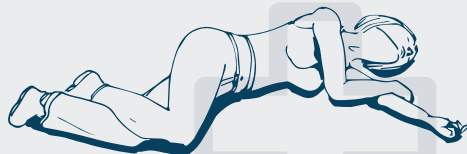
Remember **SAVE ME** to respond to an opioid overdose.

- S Stimulation**
Can you wake the person up?
If not, **call 9-1-1**.
**The Good Samaritan Drug Overdose Act provides you with legal protection from drug possession charges during an emergency.*
- A Airway**
Make sure there's nothing in the person's mouth that stops them from breathing.
- V Ventilate**
Breathe for the person (plug nose, tilt head back, and give 1 breath every 5 seconds for 2 minutes).
- E Evaluate**
Is the person better? Are you trained to administer naloxone?

- M Muscular Injection**
Inject 1 mL of naloxone into the person's thigh at a 90 degree angle.
- E Evaluate & Support**
Is the person breathing on their own? If they are not awake in 2 minutes then administer another 1 mL dose of naloxone. **Stay with them until medical help arrives.**

ENSURE 9-1-1 HAS BEEN CALLED. OVERDOSE SYMPTOMS CAN RETURN WHEN THE INJECTION WEARS OFF.

If the person must be left alone for any amount of time, place them in the recovery position.



Naloxone is an opioid neutralizer that blocks the effects of drugs such as fentanyl and allows someone who is overdosing to breathe. Naloxone kits are free at your local pharmacy and can be asked for at any time.

You matter to us.
Help is always one call away.

Addictions Help Line (24/7)
Walk-In Addiction Assessments
Centre Hope (AHS)
(Tues/Fri 12:30 p.m., triage only)
Family and Community Support Services

1-866-332-2322
780-986-2660
780-980-7109

AHS Rural Opioid Dependency Program
(Mon - Fri 8:00 a.m. - 4:30 p.m.)
Detox and Treatment Information

1-844-383-7688
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