

Is this an overdose?

Taking more opioids than the body can handle can cause someone to pass out, stop breathing, and die.

An opioid overdose can happen in a few minutes or up to hours later.

A child or adult experiencing an overdose may have the following symptoms:

- Very slow breathing-or no breathing at all
- Vomiting
- Pale, clammy skin
- Blue lips, fingernails, or toenails
- Slow pulse or no pulse at all
- Snoring or gurgling noises
- Pinpoint pupils
- No response when you shake their shoulders and shout their name.

If you, or someone you care about, is struggling with substance use or addiction, you are not alone.

www.southwesthealthline.ca

Choices for Change for Huron and Perth Counties 519-271-6730 or toll free 1-877-218-0077

Huron Perth Helpline and Crisis Response Team 1-888-829-7484

Access the Ministry website to find participating pharmacies and other locations that provide free Naloxone kits:
<https://www.ontario.ca/page/where-get-free-naloxone-kit>

Adapted from: Listowel Wingham Hospital Alliance. (2018). Naloxone Rescue Kit Program.

HPHA Naloxone Kit Distribution Program

Quick Reference Guide



What is Naloxone?

Naloxone is a medication that can temporarily reverse an overdose that is caused by an opioid drug. When given during an overdose, Naloxone blocks the effects of opioids on the brain and restores breathing.

Naloxone does not reverse overdoses caused by non-opioid drugs. If it is given to a child or adult not experiencing an opioid overdose, it has no effect.

STAY WITH THE PERSON UNTIL EMERGENCY MEDICAL HELP ARRIVES.



How to Respond to an Overdose

1. Try to wake the person up: shout their name and shake their shoulders.
2. CALL 911 and say that he/she has stopped breathing or is having trouble breathing.
3. Give Naloxone:



- Lay the person on their back.
- Insert nozzle tip into one nostril.
- Firmly press plunger.

Once naloxone is given, safely step back as the person may be agitated when he/she regains consciousness.

4. Perform rescue breathing and chest compressions.
5. Is it working? If no improvement after 2-3 minutes, repeat steps 3 & 4. **Stay with him/her.**

If the person begins to breathe on their own or if you have to leave them alone place him/her in the recovery position.



Restart rescue breathing if there are less than 10 breaths per minute.

How to give rescue breaths:

- Remove enclosed face shield from its wrapper
- Place shield over the person's face
- Tilt their head back, lift their chin, and pinch the nose shut
- Give one slow breath every 5 seconds
- Blow enough air into the lungs

Naloxone does not work for very long. It will wear off before the opioid does.

IT IS IMPORTANT TO CALL 911 AND GO TO THE EMERGENCY DEPARTMENT.