

# Be a



# in 5 steps

## 1



### Shake + Shout

at shoulders      their name

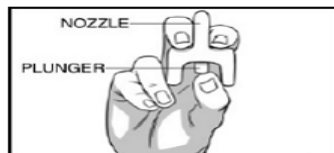
## 2



### Call 911

if unresponsive

## 3



### Naloxone

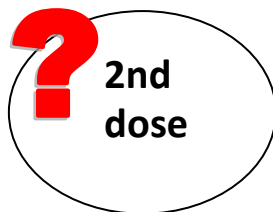
- GIVE NALOXONE AT ANY TIME
- insert tip of nozzle into one nostril
- press the plunger firmly

## 4



### Perform Rescue Breathing and/or Chest compressions

## 5



### Is it working?

- If NO improvement after 2-3 minutes:
- administer second dose
  - continue with chest compressions



## HASTINGS PRINCE EDWARD Public Health



# Know the SIGNS of OPIOID OVERDOSE & the RECOVERY POSITION

## Opioids include

OxyContin/OxyNEO, Fentanyl, Heroin, Percocet,  
Dilaudid, Codeine, Morphine, Methadone  
★ **Naloxone only works for opioids**

## Signs of Opioid Overdose

- Can't wake the person up
- Breathing is very slow, erratic or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small

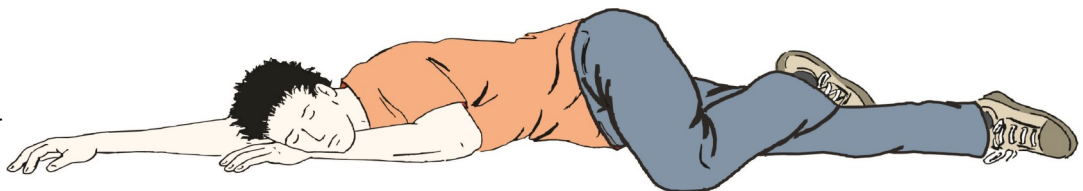
## Recovery Position



Head should be tilted back a little to open airway. Place hand under head for support.

Put person in recovery position if:

- They are unconscious and breathing
- You have to leave the room for a minute



**Bend knee forward to keep body from rolling onto stomach**

**The Good Samaritan Law means no one who is experiencing an overdose or helping at the scene can be charged with simple possession.**

For more information go to:

[www.hpepublichealth.ca](http://www.hpepublichealth.ca)  
or call 613-966-5500

