

# OVERDOSE AWARENESS

## OPIOIDS

Have morphine-like effects and prescribed for pain relief. E.g. heroin, morphine, codeine, methadone, fentanyl, oxycodone, Vicodin, Percocet

**YOU HAVE THE POWER TO SAVE A LIFE!**

### Know The Risks

Mixing substances



... causes dangerous mixed effects

Recreational or one-time use



... illicit or unknown contents & inexperience

Changes in prescription



... accidentally taking incorrect dose or mixing of effects

Using after period of reduced or no use



... changes in tolerance

### Know The Signs

Breathing

Slow or no breaths  
Unusual snoring  
Gurgling sounds  
Choking



Consciousness

Can't talk or walk  
Can't stay awake  
Won't wake up/  
Unresponsive  
Body is limp



Physical



clammy or cold skin

blue lips or nails



pinpoint pupils

### Know the Response

Stay calm.

Call for help.

Follow **SAVE ME** steps.

Stay with the person.

Put person in recovery position if you have to leave.



**S** - STIMULATE  
Tap & shout.  
**A** - AIRWAY check  
**V** - VENTILATE  
Give 1 breath every 5 seconds)  
**E** - EVALUATE  
**M** - MUSCULAR injection of naloxone  
**E** - EVALUATE

**OVERDOSES HAPPEN (often)**

**SO**

Use safely.

Make a plan for when things go wrong

**Call for help before its too late!**

Dial 9-1-1 for ALL emergencies



Healthlink BC  
Dial 8-1-1

BC Drug & Poison Info Centre  
Dial 1-800-567-8911

Developed by the BC Harm Reduction Program: [www.towardtheheart.com](http://www.towardtheheart.com)

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