

SIGNS OF OPIOID OVERDOSE AND RECOVERY POSITION

Signs of opioid overdose

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

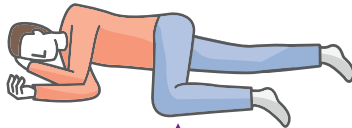
Recovery position

Put the person in the recovery position if:

- they are unconscious and breathing
- you have to leave the person unattended.

Head should be tilted back slightly to open airway

Place person's hand under their head for support



Bend knee forward to prevent body from rolling onto stomach

In emergency situations, including opioid overdose:

For harm reduction supplies (e.g., clean needles) and/or addictions treatment:

Call **911**: Canadian law protects you from possession charges when you report an overdose.

Access CAMH:

Call **416 535-8501** and select **option 2** (no referral is needed to access addictions treatment)

The Works (Toronto Public Health):

Call **416 392-0520** or drop in at 277 Victoria Street (Yonge and Dundas)

Preventing overdose

- **Avoid mixing drugs** or using with alcohol. Try to use one at a time and use drugs before alcohol.
- **Know your tolerance.** If you haven't used for a while (3 days or more), your body can't handle the same amount as before. Start as if you have never used before.
- **Do a tester and ask around** if you have a new supply or dealer. Taste it, smoke it, use a very small amount and see what others are saying.
- **Use with a friend**, but avoid injecting at the same time in case one of you needs help. If you use alone, do it somewhere you will be found quickly if you overdose.
- **Have a plan.** Talk about overdose with people you trust before it happens.

5 STEPS TO SAVE A LIFE

1



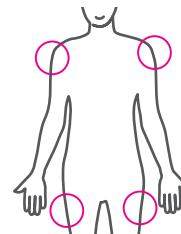
Shake
at the shoulders and
shout
their name

2



Call 911
if unresponsive

3



Inject naloxone
1 ampoule or vial (1 mL) into
leg or arm muscle

4



Chest compressions
or full CPR with rescue breathing,
if previously trained

5

2nd dose?

Is it working?

If no improvement
in 3–5 minutes
repeat steps 3 and 4

Stay!

Stay with the person until
the ambulance arrives