

RISKS FOR OVERDOSE

- + Mixing drugs together or using with alcohol.
- + Using alone.
- + Using after a period of reduced or no use.
- + New dealer or new supply.
- + Being an experienced or long-term user.



COMMON OPIOIDS

INCLUDE:
Codeine, Demerol, Hydromorphone, Morphine, Oxycodone (Oxycontin, OxyNEO, Percodan, Percocet), Dilaudid, Fentanyl, Heroin, Methadone, and Buprenorphine.



MORE INFORMATION

Sanguen Health Centre
1-877-351-9857 www.sanguen.com

Preventing Overdose Waterloo Wellington
www.preventingoverdose.ca

Region of Waterloo Public Health
519-883-2267 chd.region.waterloo.on.ca

Waterloo Region Crime Prevention Council
519-883-2304 www.overdoseprevention.ca

OPIOID OVERDOSE PREVENTION

KNOW THE SIGNS AND KNOW WHAT TO DO.

A large red and white life preserver is centered in the right section. Inside the life preserver, there are three rows of teal human icons: the top row has five icons, the middle row has ten icons, and the bottom row has five icons. A teal heartbeat line runs horizontally across the bottom of the right section, starting from the life preserver and extending to the right edge.

SIGNS OF AN OPIOID OVERDOSE

MAY INCLUDE:

- + Slow or shallow breathing or not breathing at all. This may include deep snoring or gurgling sounds.
- + Lips, nails, skin are pale or blue.
- + The person does not wake up to loud noises/shouting or react to pain.
- + Pupils are very small.
- + The body is very limp and can have clammy or cold skin. The person may experience vomiting or choking.

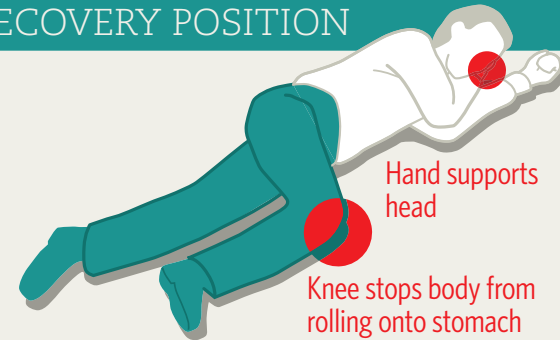
WHAT TO DO

CHECK THE SCENE FOR YOUR SAFETY AND:

1. **CALL 911 IMMEDIATELY** if person is unresponsive.
2. **SHAKE** person at shoulders and **SHOUT** their name.
3. Give **NALOXONE** if it is available.
4. Give **CHEST COMPRESSIONS** by pushing hard and fast on the centre of the chest.
5. Put person in **RECOVERY POSITION** if unconscious and breathing or if you have to leave the person unattended.



RECOVERY POSITION



WHILE WAITING FOR HELP

STAY CALM AND:

- + Remember to put the person in the recovery position.
- + Make sure the person's mouth is empty and never put anything, including water or medicine, in their mouth.
- + If the person is experiencing a seizure, clear the area around them so they do not injure themselves.

