5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

**STEP 1**
SHOUT & SHAKE their name & shoulders

**STEP 2**
CALL 9-1-1
If unresponsive.

**STEP 3**
GIVE NALOXONE:
1 spray into nostril or inject 1 vial or ampoule into arm or leg.

**STEP 4**
PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS.

**STEP 5**
IS IT WORKING?
If no improvement after 2-3 minutes, repeat steps 3 & 4. Stay with them.

**RECOVERY POSITION**
If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.
- Head should be tilted back slightly to open airway
- Hand supports head
- Knee stops body from rolling onto stomach

**SIGNS OF OPIOID OVERDOSE**
- Person can’t be woken up
- Breathing is slow or has stopped
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny or eyes are rolled back
- Body is limp

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