

## RISKS FOR OVERDOSE

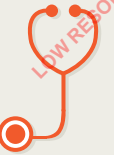
- + New user
- + Using alone
- + Switching to different opioid
- + Mixing with another depressant, such as alcohol
- + Buying from a new source
- + Reduced tolerance



## COMMON OPIOIDS

Morphine, codeine, oxycodone, hydromorphone, hydrocodone, fentanyl.

- + Heroin is an illicit opioid.
- + Sometimes illicit drugs are also laced with potent opioids like fentanyl.



## MORE INFORMATION

**Here 24/7**  
1-844-437-3247 [www.here247.ca](http://www.here247.ca)

**Sanguen Health Centre**  
519-603-0223 [www.sanguen.com](http://www.sanguen.com)

**Region of Waterloo Public Health and Emergency Services**  
519-575-4400 [www.regionofwaterloo.ca/harmreduction](http://www.regionofwaterloo.ca/harmreduction)

**Waterloo Region Integrated Drugs Strategy**  
[www.waterlooregiondrugstrategy.ca](http://www.waterlooregiondrugstrategy.ca)



# OPIOID OVERDOSE PREVENTION

**Know the signs and know what to do.**



# SIGNS OF AN OPIOID OVERDOSE

# WHAT TO DO

# (CALL 911

# RECOVERY POSITION

# WHILE WAITING FOR HELP



Soft/no breath  
or snoring



Pinpoint  
pupils



Blue lips, nails,  
or skin



Cold,  
clammy skin



Limp  
body



Doesn't respond  
to shouting

## CHECK THE SCENE FOR SAFETY:

1. Ask person if they are okay and if unresponsive, move to step 2.
2. CALL 911 IMMEDIATELY
3. If overdose is suspected **give naloxone**; give second dose after 2 to 3 minutes if still unresponsive.
4. Stay with the person. If no signs of life, begin chest compressions.
5. Put person in recovery position.

LOW RESOLUTION PROOF



Hand  
supports  
head

Knee stops body from  
rolling onto stomach

## STAY CALM AND:

- + Stay on the line with 911 and they will talk you through what to do.
- + Remember to put the person in the recovery position.
- + Never put anything, including water or medicine, in their mouth.
- + Do not put them in a bath or shower