

Street Health Opioid Overdose Prevention Program

Recognizing an Opioid Overdose:

- *LIPS AND NAILS ARE BLUE 
- *BREATHING IS SLOW OR ABSENT 
- *BODY IS LIMP
- *SKIN FEELS COLD AND CLAMMY 
- *CAN'T BE WOKEN UP 
- *DEEP SNORING OR GURGLING SOUNDS
- *PUPILS ARE TINY (PINNED) 



SCARE-ME

S	Stimulation	Can you wake them up? Shout their name and shake their shoulders
C	Call 9-1-1	If unable to wake, call 9-1-1
A	Airway	Make sure there is nothing in the throat and airway is clear of blockage. LOOK, LISTEN, FEEL - ear to mouth, eyes to chest.
R	Rescue Breathing	Put barrier shield over mouth Tilt head, pinch nose and breathe One breath every 5 sec
E	Evaluate	Is the client breathing or not? If not breathing prepare Naloxone.
M	Muscular injection	Inject 1cc of naloxone into thigh/upper arm/outer bum (see next page)
E	Evaluate	Is the person breathing on their own? If they're not awake in 5 minutes, give another 1cc dose of naloxone. Stay with the person



How to use Naloxone



1. **Remove** VanishPoint® syringe from packaging.
2. Holding glass naloxone vial upright by tip, **swirl** in a circular motion to gather all liquid in the base of the vial.
3. Put narrow tip of glass vial in the **vial snapper**. Hold the base with one hand and the covered top with the forefinger and thumb of the other hand and pull covered vial top towards you – thus breaking vial away from body.
4. Take the needle cover off the VanishPoint® syringe. Insert the syringe into the vial and **draw up** all of the naloxone (1cc) into the syringe. It will fill the syringe. If there is air in the syringe, try to remove it without losing naloxone.
5. Injection goes in the upper **arm muscle, thigh muscle or upper bum**. If you cannot remove the clothing, the needle is long enough to reach through light clothing.
6. Insert at a 90° angle. Slowly **depress the plunger** of the VanishPoint® syringe all the way until the needle retracts.
7. Dispose of syringe and ampoule into a sharps container or plastic bottle with lid.

Recovery Position:

If you have to leave a person alone, remember to put them in the recovery position (“say hi, support my face, lift leg and roll me over”).



Preventing Overdose:

- Don't Use Alone
- Don't Mix Drugs
- Be aware of changes in your tolerance
- Don't use in unfamiliar places
- Know your drug (knowyoursource.ca)

Resources:

If you need help with overdose prevention, harm reduction or treatment please call:

Street Health Centre at 613-549-1440

For free information available 24/7 about **drug and alcohol addiction services** in Ontario please call the **Drug and Alcohol Helpline** at :

1-800-565-8603 or drugandalcoholhotline.ca

Video Resources:

To watch a YouTube video on how to give naloxone (courtesy of CRA):

<http://www.youtube.com/watch?v=U1frPJoWtkw>