

# NALOXONE SAVES LIVES



**NASAL ADMINISTRATION  
of naloxone**

## POSSIBLE OPIOID OVERDOSE: WHAT TO DO

### RECOGNIZING A POSSIBLE OPIOID OVERDOSE

Opioids are drugs that slow down the central nervous system and can cause fatal overdoses. A person may have used opioids intentionally or accidentally. Many drugs on the market can be contaminated with powerful opioids without the person's knowing it.

The person might have used medications or illicit drugs and shows the following signs:



No response to sound or pain



Laboured or snore-like breathing, or absence of breathing

### THE PERSON SEEMS TO BE UNCONSCIOUS

## 1 TRY MAKING THEM RESPOND TO SOUND OR PAIN



**YELL** their name  
**TALK TO THEM** loudly

**RUB** the centre of their chest (sternum) hard

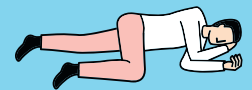
### THEY ARE UNRESPONSIVE

## 2 CALL OR HAVE SOMEONE CALL



### IF YOU ARE ON YOUR OWN WITHOUT A PHONE:

- Administer a dose of naloxone
- Perform chest compressions for 2 min
- Lay the person on their side
- Find a way to call 9090 and follow instructions



### THEY ARE UNRESPONSIVE

## 3 ADMINISTER A DOSE OF NALOXONE



**A** Lay the person on their back. Tilt head backwards, supporting neck.



**B** Remove nasal spray from box: don't test it!  
**HOLD IT** like this



**C** Insert tip into one nostril. Press firmly with your thumb.



### THEY ARE UNRESPONSIVE

## 4 PERFORM CHEST COMPRESSIONS IMMEDIATELY



**GIVE** 2 compressions (5 cm deep) per second

OR

**START** giving CPR if you have been trained, using the barrier mask

### THEY ARE UNRESPONSIVE 3 MIN AFTER ADMINISTRATION

## 5 ADMINISTER ANOTHER DOSE OF NALOXONE IN THE OTHER NOSTRIL



**REPEAT STEPS 4 AND 5** as long as the person is unresponsive

\* Several doses may be needed, in doubt continue to administer naloxone until help arrives



**Out of naloxone?** Continue chest compressions or CPR until help arrives

### IF THE PERSON WAKES UP...

Lay them on their side. Explain what just happened and how it's important that they be seen by a health professional. The risk of another overdose after the first one is high because naloxone has a short duration of action. Tell the person that they should not use drugs and/or alcohol in the next few hours to avoid another overdose. Stay with them while waiting for help. The Good Samaritan Law provides protection for overdose witnesses and victims.

- Store naloxone in a cool, dark place
- Check the expiry date
- Leave the spray in its box until it's time to use it

For more information, visit  
[QUEBEC.GA/OPIOIDES](http://QUEBEC.GA/OPIOIDES)

