

NALOXONE: SAVE ME STEPS TO SAVE A LIFE



Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow down or stop breathing. Naloxone may restore normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone and rescue breathing can prevent death or brain damage from lack of oxygen during an opioid overdose.

SIGNS OF OPIOID OVERDOSE



**Not moving and
can't be woken**



**Slow or not
breathing**



**Blue/grey lips
and nails**



**Choking, gurgling
sounds or snoring**



Cold or clammy skin



Tiny pupils

CALL 911 or the emergency response number in your community. The Good Samaritan Drug Overdose Act can protect people from arrest for simple possession.

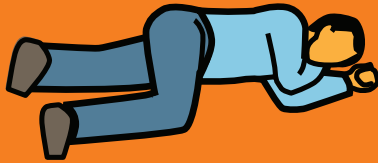
TELL ATTENDANT: Person is not responsive and not breathing.

HealthLink BC: 8-1-1
BC Drug & Poison Information Centre:
1-800-567-8911



First Nations Health Authority
Health through wellness

FOLLOW THE **SAVE ME** STEPS BELOW TO SAVE A LIFE.



If the person must be left unattended at any time, put them in the recovery position.



STIMULATE
Unresponsive?
CALL 911



AIRWAY
Check and
Open



VENTILATE
1 breath every
5 seconds



EVALUATE
Breathing?



MEDICATION
1 dose of
Naloxone



**EVALUATE
& SUPPORT**
Wait another
5 minutes.

Another dose? Alternate
nostrils with each dose

HOW TO GIVE BREATHS

1



Tilt head back
to open airway

2



Pinch nose.
Cover mouth with
mask or clothing

3

Give
1 breath
every 5
seconds

BREATHING CAN SLOW DOWN DURING AN OVERDOSE BUT THE HEART IS PROBABLY STILL BEATING - GIVE BREATHS TO KEEP THEM ALIVE

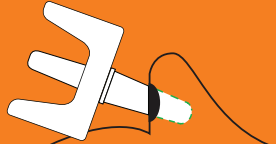
HOW TO USE NALOXONE

1



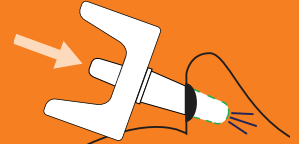
Peel package open. Avoid touching the tip. Do not press until ready to give Naloxone.

2



Place the tip in the nostril.

3



Press firmly. Dispose of used naloxone spray safely.

www.fnha.ca/harmreduction

To access Nasal Naloxone spray, contact FNHA Health Benefits at: healthbenefits@fnha.ca or 1-855-550-5454