

CONNECTING TO

CULTURE

CONNECTING TO

LAND

Culture is Medicine. Culture is Healing.

fnha.ca/harmreduction

Wear this symbol to raise awareness of overdose and its effects, remember a lost loved one or support those experiencing grief.



31 AUGUST

—
**INTERNATIONAL
OVERDOSE
AWARENESS DAY**



First Nations Health Authority
Health through wellness

DRUGS IN BC HAVE NEVER BEEN AS TOXIC.

Harm reduction efforts are saving lives.



PREVENT PEOPLE FROM DYING



KEEP PEOPLE SAFER WHEN USING



CREATE A RANGE OF TREATMENT OPTIONS



SUPPORT PEOPLE ON THEIR HEALING JOURNEY

Increase the support. Reduce the harm.



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LOVE UNCONDITIONALLY.

Let's look out for each other.
Let's talk about substance use.

This is more important than ever.



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Health through wellness

OVERDOSE AFFECTS US ALL.

We are all impacted by toxic drug poisonings. Let us honour the memories of our loved ones.



IF YOU SUSPECT AN OVERDOSE, FOLLOW THE *SAVE ME* STEPS.



If leaving a person unattended,
put them in the recovery position.

S



STIMULATE

Unresponsive? CALL 911

A



AIRWAY

Check if they're breathing

V



VENTILATE

1 breath every 5 seconds

E



EVALUATE

Check vital signs

M



MEDICATE

Injection or Nasal Naloxone

E



EVALUATE

Do they need another dose?



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IF YOU SUSPECT OVERDOSE CALL 911 NOW

Learn how to use Naloxone
to reverse overdose.



fnha.ca/harmreduction



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**NO SHAME.
NO BLAME.
NO STIGMA.**

**Start the conversation about
substance use with someone you love.**



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