

OPIOID OVERDOSE

What are opioids and what is the risk?

- Opioids are drugs like oxys, fentanyl, heroin, dilaudid and morphine.
- Strong opioids (fentanyl or carfentanil) are often mixed with other street drugs like ecstasy (MDMA), crystal meth, crack and others.
- One of the risks of using opioids is overdose.
- In an opioid overdose, you pass out, your breathing slows or stops, and you may die.
- An overdose can happen however you use opioids: swallowing or chewing pills, injecting, snorting, smoking, using a patch and other ways.

Preventing overdose

- **Tell someone:** Carry ID that says you use an opioid, and tell people you trust.
- **Don't use alone:** Use with a sober buddy, or use somewhere you will be found quickly if you OD.
- **Don't mix drugs:** Mixing benzos or alcohol with opioids increases the risk of overdose.
- **Go slow:** Use a small amount at first, especially with a new supply.
- **Know your tolerance:** If you have not used for a few days, use a smaller amount.
- **Be aware:** There's no way to tell if your supply is mixed with deadly fentanyl or carfentanil.
- **Carry a naloxone kit:** Naloxone can save a life when there is an overdose. We can help you get a kit and teach you how to use it.

Signs of opioid overdose

- You can't wake the person up.
- Breathing is slow or has stopped.
- They make gurgling, snoring or choking sounds.
- Lips and nails are blue or grey.
- Body is limp.
- Skin is cold and clammy.
- Pupils are very small.

What to do if you see an overdose

- Call 911: Canadian law protects you from possession charges when you report an overdose.
- Roll the person onto their side (recovery position).
- Give naloxone if you can.
- Stay with the person until the ambulance arrives.

Other things you can do

- **Start treatment:** Suboxone or methadone therapy, and talk therapy, can help you make healthy changes.
- **Learn CPR**
- **Get harm reduction supplies:** The Works, 277 Victoria Street
CAMH Addiction Medicine Service,
100 Stokes St, 3rd floor
Call 211 to find other locations
- **Report bad drugs anonymously** at ReportBadDrugsTO.ca

5 STEPS TO SAVE A LIFE

1



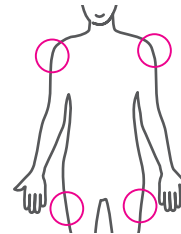
Shake
at the shoulders and
shout
their name

2



Call 911
if unresponsive

3



Inject naloxone
1 ampoule or vial (1mL) into
leg or arm muscle

4



Chest compressions
or full CPR with rescue
breathing, if previously trained

5

2nd dose?

Is it working?
If no improvement
in 3–5 minutes
repeat steps 3 and 4

Stay!

Stay with the person until
the ambulance arrives