5 STEPS TO SAVE A LIFE

1. **Shake**
   - Shake at the shoulders and shout their name

2. **Call 911**
   - Call 911 if unresponsive

3. **Inject naloxone**
   - 1 ampoule or vial (1mL) into leg or arm muscle

4. **Chest compressions**
   - 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

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**SIGNS OF OPIOID OVERDOSE AND RECOVERY POSITION**

**Signs of opioid overdose**

- You can’t wake the person up.
- Breathing is very slow or erratic, or has stopped.
- Deep snoring or gurgling sounds.
- Fingernails or lips are blue or purple.
- Body is very limp.
- Pupils are very small.

**Recovery position**

- Head should be tilted back slightly to open airway.
- Place person’s hand under their head for support.
- Bend knee forward to prevent body from rolling onto stomach.

**In emergency situations, including opioid overdose:**

- **Call 911:** Canadian law protects you from possession charges when you report an overdose.

**For harm reduction supplies** (e.g., clean needles) and/or addictions treatment:

- **Access CAMH:**
  - Call 416 535-8501 and select option 2 (no referral is needed to access addictions treatment)

- **The Works (Toronto Public Health):**
  - Call 416 392-0520 or drop in at 277 Victoria Street (Yonge and Dundas)

**Preventing overdose**

- **Avoid mixing drugs** or using with alcohol. Try to use one at a time and use drugs before alcohol.
- **Know your tolerance.** If you haven’t used for a while (3 days or more), your body can’t handle the same amount as before. Start as if you have never used before.
- **Do a tester and ask around** if you have a new supply or dealer. Taste it, smoke it, use a very small amount and see what others are saying.
- **Use with a friend,** but avoid injecting at the same time in case one of you needs help. If you use alone, do it somewhere you will be found quickly if you overdose.
- **Have a plan.** Talk about overdose with people you trust before it happens.