

Preventing an Opioid Overdose

Suspect an
Overdose?
Stay and

CALL 911

Canada's new
Good Samaritan law
can protect you.

Learn more at Canada.ca/Opioids
Together we can #StopOverdoses

What are opioids and what is the risk?

- Opioids are drugs like oxycodone (OxyContin, OxyNeo, Percocet, Oxycocet), hydromorphone (Dilaudid), fentanyl (carfentanil, acetyl fentanyl), heroin, morphine, methadone and codeine (Tylenol #1, 2, 3, 4).
- Strong opioids (fentanyl and carfentanil) can be mixed with other street drugs like ecstasy (MDMA), crystal meth and crack.
- One of the risks of using opioids is overdose.
- In an opioid overdose, the person passes out, and their breathing slows down or stops. They may even die.
- An overdose can happen no matter how the person uses opioids — swallowing or chewing pills, injecting, snorting, smoking, using a patch and other ways.

< [Learn more about the Good Samaritan Act](#)

How can you reduce your risk of an overdose?

- **Check your supply:** Ask others. Use [Toronto's Drug Checking Service](#).
- **Don't use alone:** Use with someone else or at a [supervised consumption site](#).
- **If you use alone, have a safety plan.** Call the National Overdose Response Service (NORS): 1-888-688-NORS(6677).
- **Start with a small dose and avoid mixing substances.** Mixing benzodiazepines or alcohol with opioids increases the risk of overdose.
- **Tolerance is lost quickly:** If you have not used for a few days, use a smaller amount.
- **Carry naloxone:** It can save a life when there is an overdose. We can help you get a naloxone kit and learn how to use it.

Scan the QR code for all the links listed in this handout.










Preventing Opioid Overdose


What are the signs of opioid overdose?

- You can't wake up the person.
- Their breathing is slow or has stopped.
- They make gurgling, snoring or choking sounds.
- Their lips and nails are blue or grey.
- Their skin is cold and clammy.
- Their body is limp.
- Their pupils are very small.

What can you do if you see an overdose?

5 STEP OVERDOSE RESPONSE

STEP	1		SHOUT & SHAKE their name their shoulders
STEP	2		CALL 911 if unresponsive
STEP	3		ADMINISTER NALOXONE 1 spray into a nostril and/or 1 ampule into arm or leg
STEP	4		START CPR Perform rescue breathing and/or chest compressions
STEP	5		IS IT WORKING? If NO improvement in 2-3 minutes repeat steps 3 & 4
STAY WITH THE PERSON Clean your hands after providing care			



Other things you can do

- **Start treatment.** If you have an opioid use disorder, opioid agonist treatment (medications like buprenorphine or methadone) can save your life!
- **Learn CPR.**
- **Get harm reduction supplies (including naloxone).**
 - **Visit: [CAMH COMPASS Service](#),** 100 Stokes St., 3rd floor
 - Click [here](#) for a list of other locations.

Looking for help?

- **Call the Centre for Addiction and Mental Health** 416 535-8501 or 1 800 463-2338, and then press 2
- To learn more about other agencies that provide support with mental health services, call 211.
- Check out our [Community Resource Sheets](#) for lists of available services at CAMH and in the community

Scan the QR code for more info and all links listed in this handout.

