

5

STEPS TO RESPOND TO AN OPIOID OVERDOSE

Using Naloxone Nasal Spray

STEP 1



SHOUT their name
&
SHAKE their shoulders

STEP 2



CALL 911

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If they do not respond. Lay them on their back.

STEP 3



GIVE NALOXONE
Gently insert the tip of the nozzle into the nostril and press the plunger with your thumb to give the dose of naloxone. Do not test the spray.

STEP 4



PERFORM CHEST COMPRESSIONS
(push **HARD** and **FAST** with each compression)
OR START CPR, if trained.

STEP 5



IS IT WORKING?
If **no** response after 2 to 3 minutes, repeat steps 3 and 4 (alternating nostrils) until person responds or EMS arrives. **Stay with them.**

If the person **RESPONDS**, place in the **Recovery Position** to help keep their airway open and prevent choking.

head should be tilted back slightly to open airway

hand supports head



knee stops body from rolling onto stomach



SIGNS of an OVERDOSE

Person is not responding

Breathing is slow or absent

Snoring/gurgling sounds

Blue fingernails or lips

Cold clammy skin

Pupils are tiny

Get a **FREE** naloxone kit at a local pharmacy or participating community organization.

Visit www.wecoss.ca



519-258-2146 ext. 3100
wechu.org

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