



**OVERDOSE**



**TAKE CHARGE...TAKE CARE**

<b>S</b>	Stimulation	Can you wake them up? IF not, <b>call 911</b> .
<b>A</b>	Airway	Make sure there's nothing in their mouth that stops them from Breathing.
<b>V</b>	Ventilate	Breathe for them. (Plug nose, tilt head back, and give breathe every 5 seconds)
<b>E</b>	Evaluate	Are they any better? Are you trained to give naloxone?
<b>M</b>	Muscular injection	Inject 1cc of naloxone into a muscle.
<b>E</b>	Evaluate & support	Is the person breathing on their own? If they are not awake in 5 min, another 1cc dose is needed. Tell the person not to use any more drugs right now—wait at least 2 hours.

**Feels and Looks Like:** \*Person cannot stay awake\* Can't talk or walk \* Slow or no pulse \*Slow or no breathing, gurgling \*Skin looks pale or blue, feels cold \*Pupils are pinned, or eyes rolled back \*Vomiting \*Body is limp.

**No response to noise or knuckles being rubbed hard on the breastbone.**

**Feels and looks like:** \* Fast pulse or no pulse. \*Chest pain \*Short of breath \*Seizures \*Body is hot/Or hot/sweaty, or hot/dry \*Vomiting \*Confusion, hallucinations, Unconscious \*Cannot talk or walk \*Clenched jaw \*Shaky

**In case of Opioid overdose:** \*Stay with person. Use their name. Tell them to breathe. \*Call 911 and tell them person is not breathing. When paramedics arrive tell them as much as you can about drugs and dose. \*Use naloxone if available. Naloxone only works on opioid overdose. \*After naloxone a person might feel withdrawal **Do not take more drugs**. Sick feeling will go away when naloxone wears off (30-70 minutes).

**Be aware:** overdose can return.

**STIMULANTS** (e.g., Cocaine, methamphetamine, ecstasy) **There is NO medications to safely reverse a stimulant overdose. It can still help if a person has taken a mix of drugs. When in doubt, use naloxone. It's safe.**

**IF YOU ARE NOT COMFORTABLE WITH THE SITUATION, CALL 911.**

**Medical attention is required immediately** if person has: \*Jerking or rigid limbs  
\*Rapidly escalating body temperature and pulse \*In and out of consciousness.  
\*Severe: headache, sweating, agitation \*Chest pains

**WHAT TO DO: \*CALL 911**

\*Stay with person \*Keep person: conscious, hydrated, calm  
\*If heart has stopped do “hands-only” CPR

**Tell medical professionals as much as possible so they can give the right treatment to prevent organ damage and death.**

**Fentanyl**

Fentanyl is a **very** potent opioid pain reliever and other fentanyl-like drugs, such as Carfentanil, are also increasingly found in other illegal drugs, like heroin. Drug dealers who make fake pills may not know or control how much fentanyl goes into each pill.

**What makes fentanyl so dangerous?**

\*It is 20-40 times more potent than heroin and 100 times more potent than morphine. This makes the risk of accidental overdose **very** high. \*It is odourless and tasteless. You may not even know you are taking it. \*It can be mixed with other drugs such as heroin and cocaine it is also found in counterfeit pills that are made to look like prescription opioids.

The substance known as **Xylazine, otherwise known as Tranq**, is creating mayhem in major cities across the country with its devastating effects. There are reports that Xylazine is an animal tranquilizer that is increasingly used as a synthetic cutting agent for opioids like heroin.

**For support in your recovery:**

Facilitated by **Michael Ochoa-Wellbriety Meetings**

Held weekly on **Wednesdays: 5:30 pm -7:30 pm**, Public Safety Office

Alcohol & Drug Counselling, Traumas of past or current, support for continued recovery.  
Book with Counsellor: **Linda C Williams. Contact 1-250-308-6662**

***We endeavor to provide a safe space that is Welcoming***