| Administration of naloxone **by injection** | **POSSIBLE OPIOID OVERDOSE: WHAT TO DO** |

RECOGNIZING A POSSIBLE OVERDOSE

The person might have used medications or illicit drugs and shows the following signs:

!!! No response to sound or pain

Laboured or snore-like breathing, or absence of breathing

The person seems to be unconscious

1 **TRY** MAKING THEM RESPOND TO SOUND OR PAIN

!!! **YELL** their name **TALK TO THEM** loudly

RUB the centre of their chest (sternum) hard


They are unresponsive

2 **CALL** OR HAVE SOMEONE CALL **911**

IF YOU ARE ON YOUR OWN WITHOUT A PHONE:
• Inject a dose of naloxone
• Perform chest compressions for **2 min**
• Lay the person on their side
• Find a way to call 911 and follow instructions
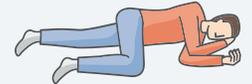
They are unresponsive

3 **INJECT** A DOSE OF NALOXONE

A Remove cap **OR** Break ampoule
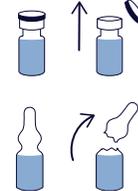
B Draw up the naloxone
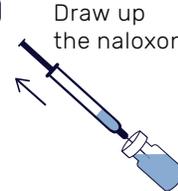
C Inject naloxone into thigh or shoulder muscle (at a 90° angle)
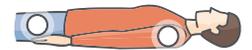
They are unresponsive

4 **PERFORM** CHEST COMPRESSIONS IMMEDIATELY

GIVE 2 compressions (5 cm deep) per second **OR** **START** giving CPR if you have been trained, using the barrier mask

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They are unresponsive 3 min after injection

5 **INJECT** ANOTHER DOSE OF NALOXONE

↻ **REPEAT STEPS 4 AND 5** as long as the person is unresponsive

! Out of naloxone? Continue chest compressions or CPR until help arrives

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IF THE PERSON WAKES UP...

Lay them on their side. Explain what just happened and how it's important that they be seen by a health professional.
The risk of another overdose after the first one is high because naloxone has a short duration of action.
Tell the person that they should not use opioids in the next few hours to avoid another overdose.
Stay with them while waiting for help. **The Good Samaritan Law** provides protection for overdose witnesses and victims.

! • Store naloxone in a cool, dark place
• Check the expiry date
• Do not fill the syringes in advance
• Naloxone can be injected through light clothing
• Dispose of used syringes and needles safely

For more information, visit **Québec.ca/opioides**

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