



Nasal administration of naloxone

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

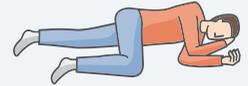
RUB the centre of their chest (sternum) hard

They are unresponsive

2 CALL OR HAVE SOMEONE CALL 911

IF YOU ARE ON YOUR OWN WITHOUT A PHONE:

- Administer 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 ADMINISTER A DOSE OF NALOXONE

A Lay the person on their back. Tilt head backwards, supporting neck.



B Remove nasal spray from box: don't test it!

HOLD IT like this



C Insert tip into one nostril. Press firmly with your thumb.



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

They are unresponsive 3 min after administration

5 ADMINISTER ANOTHER DOSE OF NALOXONE IN THE OTHER NOSTRIL



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



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

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
- Leave the spray in its box until it's time to use it