

FOR MORE TRAINING

Upcoming Public Sessions
monthly via zoom:

**REGISTER WITH EVENTBRITE*

WWW.EVENTBRITE.CA

OR

Contact Community Based
Naloxone Nurse for free 2-hour
education on harm reduction,
street drugs, opioid crisis,
naloxone training, simulations,
and kit distribution:

MONICA DICKSON

MONICA.DICKSON@AHS.CA

CELL: 403.863.9769

“HARM REDUCTION
SAVES LIVES”

SAFEWORKS
SHELDON M. CHUMIR HEALTH CENTRE
1213 4 STREET SW
CALGARY, AB T2R 0X7
NALOXONE.KIT@AHS.CA
SAFEWORKSHARMREDUCTION@AHS.CA
WWW.AHS.CA/NALOXONE



ID AN OD?
KNOW WHAT
TO LOOK FOR.
BE PREPARED.

NALOXONE:
GET IT. CARRY IT. USE IT.

www.stopods.ca



OPIOIDS

Synthetic or natural chemical that binds to opioid receptors

Central nervous system

depressants that result in euphoria, decreased heart rate, decreased respiratory rate, drowsiness, slow/slurred speech, and constricted pupils

Some examples:

- Heroin
- Oxycodone
- Hydrocodone
- Morphine
- Methadone
- Fentanyl

RECOGNIZING AN OVERDOSE

- **Unresponsive** to stimulus such as someone yelling their name, a light shake or rubbing your knuckles along the breast bone
- Breathing is slow, erratic or not breathing at all
- Body is very limp
- Fingernails and lips are blue
- Skin is cold and/or clammy
- Pulse is slow, erratic, or not there at all
- Choking sounds or a snore-like gurgling noise
- Vomiting and/or seizures
- Loss of consciousness
- Pupils are tiny



'SAVE ME'

Follow the **SAVE ME** steps to respond to an overdose

If the person must be left unattended at any time, put them in the recovery position.

Stimulate
Unresponsive? **CALL 911**

Airway

Ventilate
1 breath every 5 seconds

Evaluate

Muscular Injection
1 mL of naloxone

Evaluate
2nd dose?