

The opioid crisis impacts us all. This information is too important not to pass on.

**Tell a Friend.  
Be Prepared.  
Help reverse  
an overdose.**



THIS IS TOO IMPORTANT NOT TO PASS ON. TELL A FRIEND. BE PREPARED. HELP REVERSE AN OVERDOSE.



**ADAPT**  
PHARMA

**FOR MORE INFORMATION**

Please read and follow the label  
or speak to your pharmacist  
or public health unit.

\* Statistics Canada:  
<https://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-opioid-related-harms-june-2018.html>

\*\* Data obtained from Canadian Institute for Health Information, December 2017:  
[www.cihi.ca/sites/default/files/document/opioid-harms-chart-book-en.pdf](http://www.cihi.ca/sites/default/files/document/opioid-harms-chart-book-en.pdf)

\*\*\* Information gathered from Centre for Addiction and Mental Health, December 2017:  
[www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/opioid\\_overdose/Pages/default.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/opioid_overdose/Pages/default.aspx)

**AN OVERDOSE OF REALITY**

**17 people are  
hospitalized a day\***

15-24 year olds are  
at greatest risk\*\*

Know the  
signs of an  
opioid overdose.  
Be prepared.

# You have the power to **help reverse an overdose.**

## **OPIOID OVERDOSE** **WHAT TO LOOK FOR\*\***

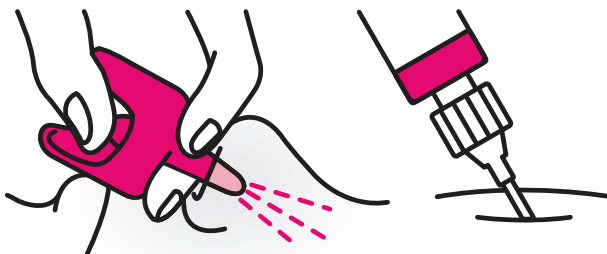
- Not breathing
- Unresponsive
- Changes in skin colour (grey, white lips, blue skin tone)
- Deep snoring or gurgling
- Slow or no pulse
- Eyes rolled back

## **WHAT TO DO\*\*\***

- 1.** Try to wake them. Check if they're breathing.
- 2.** Call 911.
- 3.** Administer naloxone (if available) through either a needle to the muscle or use naloxone nasal spray, which blocks the effects of opioids and reverses an overdose.
- 4.** If the victim isn't breathing, start chest compressions/CPR and remain until emergency services arrive.

### **WHAT IF IT'S NOT AN OPIOID OVERDOSE?**

Naloxone doesn't reduce the effects of overdose by other drugs, but giving naloxone to a person who isn't having an opioid overdose is unlikely to cause more harm.



**PICK UP A FREE NALOXONE KIT TODAY  
FROM YOUR LOCAL PHARMACY**

## **AN OVERDOSE OF REALITY**

# Know the signs of an opioid overdose. Be prepared.

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- Not breathing
- Unresponsive
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- Deep snoring or gurgling
- Slow or no pulse
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### **WHAT TO DO\***

- Try to wake them. Check if they're breathing.
- Call 911.
- Administer naloxone (if available) through either a needle to the muscle or use naloxone nasal spray, which blocks the effects of opioids and reverses an overdose.
- If the suspected victim isn't breathing, start chest compressions/CPR and remain until emergency services arrive.

### **FOR MORE INFORMATION**

Please read and follow the label or speak to your pharmacist or public health unit.

\*Information gathered from Centre for Addiction and Mental Health, December 2017:  
[www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/opioid\\_overdose/Pages/default.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/opioid_overdose/Pages/default.aspx)

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