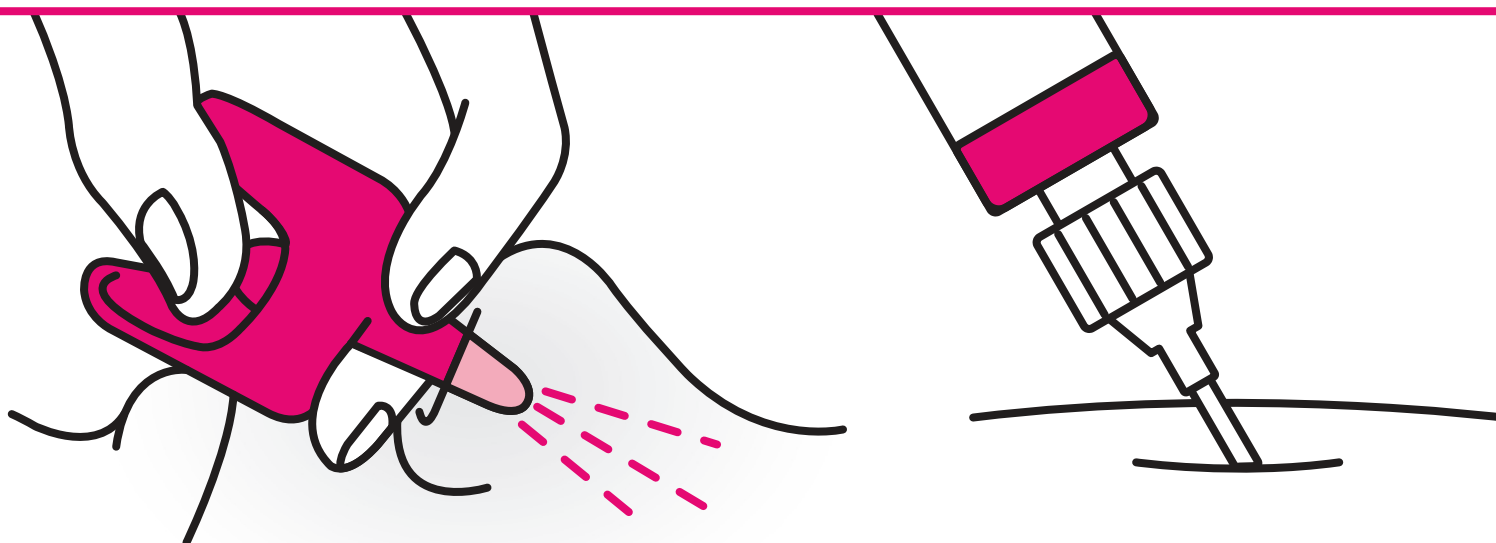


AN OVERDOSE OF REALITY

Over 17 people are hospitalized a day*

15-24 year olds are at greatest risk**

KNOW THE SIGNS OF AN OPIOID OVERDOSE. BE PREPARED.



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

THIS INFORMATION IS TOO IMPORTANT NOT TO PASS ON.

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

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

***Information gathered from Centre for Addiction and Mental Health, December 2017: www.camh.ca/en/hospital/health_information/a_z_metal_health_and_addiction_information/opioid_overdose/Pages/default.aspx