



Administration of naloxone by injection

POSSIBLE OPIOID OVERDOSE: WHAT TO DO

RECOGNIZING A POSSIBLE OPIOID 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

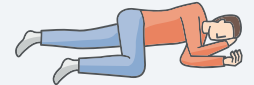
RUB the centre of their chest (sternum) hard

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

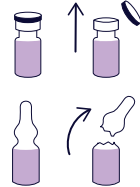


They are unresponsive

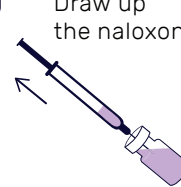
3 INJECT A DOSE OF NALOXONE



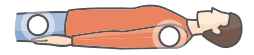
A Remove cap
OR
Break ampoule



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

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

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](https://quebec.ca/opioides)

Adapted from a poster created by the Institut national d'excellence en santé et en services sociaux