

# 5 steps to save a life:

- 1** **Shake** at shoulders.  
**Shout** their name.



- 2** **Call 911** if unresponsive.



- 3** **Naloxone.** Insert nozzle (0.1mL) of Naloxone into either **nostril** and press plunger to **spray** Naloxone.



- 4** **Chest compressions.** Push hard and fast on the centre of the chest.



- 5** **Is it working?** If no improvement after 3–5 minutes, spray a **2nd dose** in the other nostril and continue with **chest compressions** until EMS arrives.



## THE NALOXONE PROGRAM

519.434.1601



## Signs of Opioid Overdose

- *Can't wake the person up*
- *Breathing is very slow, erratic or has stopped*
- *Deep snoring or gurgling sounds*
- *Fingernails or lips are blue or purple*
- *Body is very limp*
- *Pupils are very small*

## Recovery Position

### Put person in the recovery position if:

- *Unconscious and breathing*
- *You have to leave the person unattended*



*Place hand under head for support.*

*Head should be tilted back slightly to open airway.*

*Bend knee forward to prevent body from rolling onto stomach.*

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