

SIGNS OF AN OVERDOSE

Learn how to spot an overdose and what to do.



Cannot be woken up
or not moving



Breathing
slow or not breathing



Choking
or coughing, gurgling,
or snoring sounds



Cold
or clammy skin



Dizziness
and confusion



Change in Color
Lips and nails turning
pale, blue or gray



Pupils
very small

If any signs of an overdose are present, call 9-1-1 immediately and follow the SAVE ME steps on the other side of this card.

Call 9-1-1



CARRY NALOXONE



CALL 8-1-1



#STOPOVERDOSE

StopOverdoseBC.ca



BRITISH
COLUMBIA

SAVE ME STEPS

If you see any signs of an overdose, call 9-1-1 immediately and follow the steps below.



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



1. Stimulate

Poke. Shout. See if they respond. Call 9-1-1.



2. Airway

Open the airway. Plug nose. Tilt neck back gently.



3. Ventilate

Give 1 breath every 5 seconds.



4. Evaluate

Are they breathing?



5. Muscular Injection

Inject one dose of naloxone in shoulder or thigh. Continue to provide breaths until the person is breathing on their own and help arrives.



6. Evaluate

If no response after 3-5 minutes, give another naloxone injection. Continue giving breaths.