

What TO DO if somebody is ODing

If somebody is ODing, they need help. Without help, they might die. Seconds can count!

1. Call 911.
2. Use the naloxone kit if you have one.
3. Roll them into the recovery position if they are passed out. This prevents more problems like choking on vomit or their tongue.



4. Breathe for them if they aren't breathing:
 - Make sure there is nothing in their mouth.
 - Tilt their head back.
 - Give them a breath every five seconds.
5. Stay with them until help comes. If you can't stay, write down on a piece of paper what drugs the person took, and leave it with them so they can get the right help.

What NOT to do if somebody is ODing

- Don't leave them alone.
- Don't put them in a shower or cold bath.
- Don't leave them on their back.
- Don't hit or hurt them to try and bring them around.
- Don't give them other drugs.
- Don't inject them with salt water.

These will all just make things worse.

Read... remember... react

When an OD happens, it can be easy to panic and forget what to do. So keep these tips handy, read them often and tell your friends about them. Remembering them could save a life.

OVERDOSE
PREVENTION

Save a Life

FENTANYL

For more information and to find an addiction services office near you, please call the 24-hour Helpline at 1-866-332-2322.

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Fentanyl facts

- Much more toxic than other opioids
- Overdose can happen with small amounts
- Falsely sold as other drugs (e.g., oxycodone)
- Often mixed with other drugs or contaminants
- Contributed to 120 deaths in Alberta in 2014

Overdose (OD) can happen when you take too much of a drug OR a combination of drugs. An overdose looks different depending on the drug you take.

Tips to prevent an overdose

- **Don't use when alone!** That way, if there's a problem, you can help each other out.
- **Know your source and ask around.** Make sure you know what you're getting and how strong it is.
- **Do "test shots" (smaller amounts than usual).** You can always do more; you can't do less.
- **Start using in small amounts if you haven't used for a while** (like after you've been in jail or detox). Many people OD when starting back again, because their tolerance is low.
- **Be careful if you have liver problems or hep C.** It's harder for your body to get rid of drugs and it's easier to OD.
- **Know the risks of mixing drugs.** You are more likely to OD if you use more than one downer at a time or mix downers with alcohol.

- **Avoid speedballing** (using opiates and cocaine together). You can have a delayed overdose once the cocaine wears off.
- **Naloxone** is a medication that reverses the effects of an overdose from opioids (e.g. heroin, methadone, morphine). Have a kit with you.

Signs of an overdose

One or more of these:

- breathing very slowly or not at all
- cold, clammy skin
- lips and nails turning blue
- choking or throwing up
- pupils are tiny
- seizure
- you hear gurgling sounds or snoring
- person passes out and you can't wake them up