

OPIOID OVERDOSE

In Newfoundland and Labrador, there has been a rise in opioid related deaths.

Drug use affects all sectors of society and all ages.

Opioids

Taken for pain relief or euphoria, including:

- Fentanyl
- OxyContin
- OxyNEO
- Codeine
- Hydrocodone
- Morphine
- Heroin
- Methadone
- Percocet

Fentanyl

- Illicit fentanyl is 50 – 100X more toxic than other opioids
- Can be hidden in other drugs without you knowing
- Small doses can be lethal or cause brain damage
- Caution: Do not touch unknown powders; avoid contact with eyes, nose and mouth.

Carry naloxone

Call 811 to find out where to get a Kit near you.

For more information:

www.canada.ca/opioids

www.towardtheheart.com

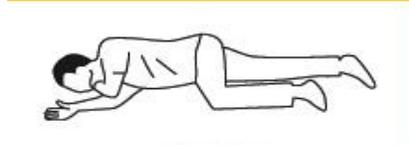
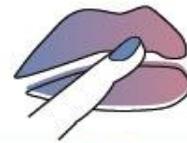
Prevent Overdose

- Don't use alone
- Use less if your tolerance has changed
- Start slow; you can't really know what is in your drugs
- Don't mix drugs

Know the Signs

Not breathing
Can't be woken up
Snoring or gurgling sounds

Lips or nails are blue/purple
May be choking
Tiny pupils



Know How to Respond

Shake and Shout

...if the person does not wake up.

Call 911

...tell them exactly where you are.



Do Rescue Breathing...or do CPR if trained.

Use Naloxone...if you have it and they are not breathing.

Continue Rescue Breathing

...and use naloxone again if not awaking after 2 – 5 minutes.

The Provincial Take Home Naloxone Kit Program is a partnership of:

