

I think someone has overdosed. What should I do?

1. Can they respond?

- Give them a light shake, yell their name. Any response? Are they breathing?
- If not, try a STERNUM RUB (rub your knuckles on their chest bone for about 10 seconds).

2. Call 911

Stick to the basics:

- Address and location.
- Describe their condition.

3. Rescue Breathing

- Make sure mouth doesn't have anything in it.
- Tilt head back, lift chin and pinch nose.
- Give a breath every 5 seconds.

Overdose Facts

- An overdose can cause serious injury or death. It happens when the dose taken is higher than the body can handle. It can also happen when drugs and alcohol are mixed.
- In northwestern Ontario, overdose is the leading cause of accidental death for adults.

For immediate help call

911

For information about
overdose prevention training

**STOPP (Superior & Thunder Bay
Overdose Prevention Training)**

Superior Points | Street Nursing
807-625-8831 | 807-629-2157

For information about
treatment and withdrawal

St Joseph's Care Group

Withdrawal Management
Balmoral Centre, Thunder Bay
807-623-6515

Thunder Bay Drug Strategy Vision

To improve the health, safety and well-being of all citizens by working together to reduce the harm caused by substance use.

For more information, contact:

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THUNDER BAY
Drug Strategy



Opiate Drugs

What you need to know.



Overdose

You are more at risk for overdose when:

- You haven't used opiates before or for a while.
- You use opiates with alcohol or other drugs.
- You use different opiates than you've used before.
- You're alone.
- You've been sick, tired, run down or dehydrated.
- You take more than prescribed.



Preventing Overdose (OD)

- Eat, sleep, drink water—stay healthy.
- Avoid drinking alcohol.
- Make sure your doctor or pharmacist knows about all prescription and non-prescription drugs you are taking.
- Tell your family and/or friends you have been prescribed opiates and teach them about overdose symptoms.

Overdose symptoms

- Hard to wake up
- Blue or grayish lips and fingernails
- Clammy, sweaty skin
- Shallow or raspy breathing,
- Snoring or gurgling sounds
- Slurred speech

Opiates & Withdrawal

Opioid withdrawal reactions are very uncomfortable but are not life threatening. Symptoms usually start within 12 hours of last use of short-acting opioids (ie.codeine, morphine) and within 30 hours for long-acting opioids like methadone

Early symptoms of withdrawal include:

- Agitation
- Anxiety
- Muscle aches
- Increased tearing
- Insomnia
- Runny nose
- Sweating
- Yawning

Late symptoms of withdrawal include:

- Abdominal cramping
- Diarrhea
- Dilated pupils
- Goose bumps
- Nausea
- Vomiting

Examples of opiates include:

Codeine, morphine, oxycodone (Oxycontin, Percocet), hydrocodone (Vicodin), hydromorphone (Dilaudid), fentanyl (Duragesic), methadone, heroin.

