

revive in 5 steps

1



Shake + Shout
at shoulders + their name

2



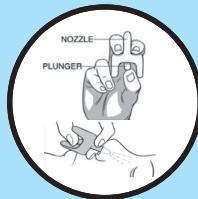
Call 911
if unresponsive

3



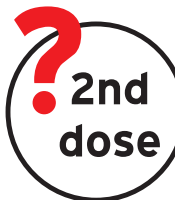
Chest Compressions
Push hard and fast on the
centre of the chest.

4



Narcan[®] (Naloxone)
Spray 1 dose into nostril

5



Is it working?

If **NO** improvement after 2-3 minutes:
• give 2nd dose into **OTHER** nostril
• continue with chest compressions
until EMS arrives



Know the SIGNS of OPIOID OVERDOSE & RECOVERY POSITION

Opioids include

OxyContin/OxyNEO, Fentanyl, Heroin,
Percocet, Dilaudid, Codeine, Morphine,
Methadone.

* **Narcan® only works for opioids.**

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

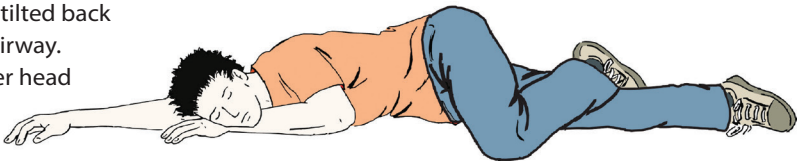
Recovery Position



Head should be tilted back a little to open airway. Place hand under head for support.

Put person in recovery position if:

- They are unconscious and breathing
- You have to leave the room for a bit



Bend knee forward to keep body from rolling onto stomach.



For more information go to
www.healthunit.org/harmreduction
or call 1-800-660-5853