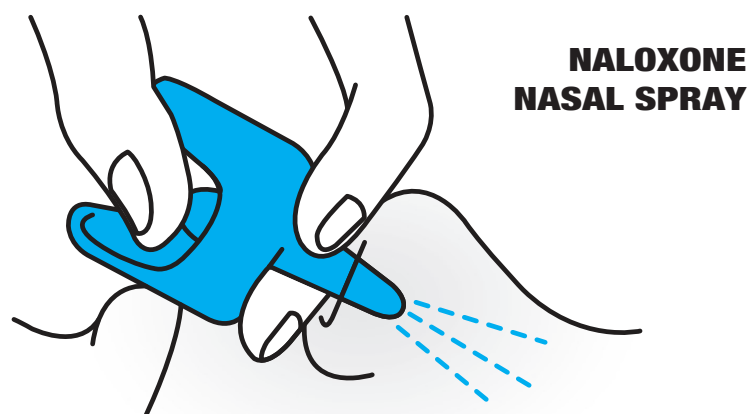
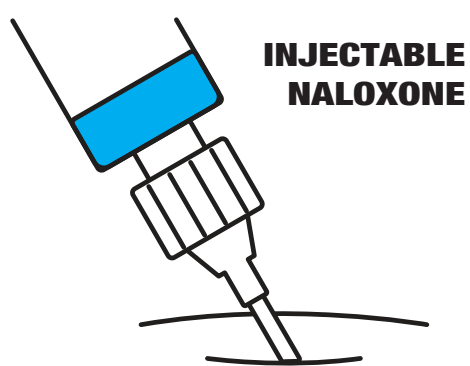


AN OVERDOSE OF REALITY

BETWEEN 2016 AND 2019, AN ESTIMATED **15,393 CANADIANS DIED** FROM AN APPARENT OPIOID POISONING.¹

Young people, aged 15 to 24 are the fastest-growing group requiring hospital care from opioid overdoses.²

KNOW THE SIGNS OF AN OPIOID OVERDOSE. BE PREPARED.
YOU HAVE THE POWER TO HELP REVERSE AN OVERDOSE.



WHAT TO LOOK FOR³⁻⁵

- You can't wake the person up
- Breathing is very slow or erratic, or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small
- Vomiting
- Not responsive to noise or knuckles being rubbed hard on their breastbone

WHAT TO DO⁴

- 1.** Check for signs of an opioid overdose. Shout their name and shake their shoulders.
- 2.** Call 9-1-1- if they are unresponsive.
- 3.** Give naloxone.
- 4.** Move the person on their side (recovery position). Watch them closely.
- 5.** Give a second dose after 2-3 minutes if the person has not woken up or their breathing is not improved. Alternate nostrils with each dose. You can give a dose every 2-3 minutes, if more are available and are needed.
- 6.** Perform rescue breathing and/or chest compressions until emergency medical help arrives.

WHAT IF IT'S NOT AN OPIOID OVERDOSE?⁶

Naloxone doesn't reduce the effects of overdose by other drugs, but giving naloxone to someone that is unconscious due to a non-opioid overdose, or for other reasons, is unlikely to cause more harm.

For a list of warnings and precautions for naloxone, refer to the product labeling.

PICK UP A NALOXONE KIT TODAY FROM YOUR LOCAL PHARMACY.
Kits are free of charge in Ontario, Quebec, and NIHB.

FOR MORE INFORMATION: Please read and follow the label or speak to your pharmacist or public health unit.

1. Public Health Agency of Canada (PHAC) <https://health-infobase.canada.ca/substance-related-harms/opioids>. Accessed August 27, 2020.

2. Government of Canada Canada's Opioid Crisis (fact sheet). <https://www.canada.ca/en/health-canada/services/publications/healthy-living/canada-opioid-crisis-fact-sheet.html>. Accessed August 27, 2020.

3. Centre for Addiction and Mental Health (CAMH) <https://www.camh.ca/-/media/files/5-steps-to-save-a-life-pdf.pdf?la=en&hash=1B71DA2E66BC1F0A034ACB78F51AF3D3A8DCA4A8>. Accessed August 27, 2020.

4. NARCANTM Nasal Spray Product Monograph Adapt Pharma Operations Limited, March 24, 2017.

5. LEO Pharma Inc. January 22, 2020.

6. Substance Abuse and Mental Health Services Administration (SAMHSA) <https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>. Accessed August 27, 2020.

7. Government of Canada: Naloxone <https://www.canada.ca/en/health-canada/services/substance-use/problematic-prescription-drug-use/opioids/naloxone.html>. Accessed August 27, 2020.