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**OVERDOSE  
DEATHS ARE  
PREVENTABLE!**

**IF YOU CALL 911, GIVE  
NALOXONE AND DO CPR,  
THERE IS AN EXCELLENT  
CHANCE YOU WILL  
SAVE THEIR LIFE!**



**Blood Ties  
Four Directions Centre**

(including the needle exchange)  
Monday–Friday 8:30 a.m.– noon  
1:00 p.m.– 4:30 p.m.  
405 Ogilvie Street • 867-633-2437  
admin@bloodties.ca

**Mental Wellness and  
Substance Use Services**

Monday–Friday 8:30 a.m.– 4:30 p.m.  
609 Steele Street • 867-456-3838

**National Overdose Response Service  
(NORS)**  
888-688-6677



**OVERDOS**  
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DOSE**  
**PREVENTION GUIDE**

**Learn to identify opioids,  
overdose and how you can help.**





## TIPS TO PREVENT AN OVERDOSE

1. Do not use alone. If you do use alone, try to get someone you trust to check-in with you after taking the hit (by phone, text, Facebook, etc.) If you choose to use alone you can call NORS at 888-668-6677 a volunteer will stay on the line with you while you are using.
2. Start out small. You could smoke a little, or inject only half at a time until you know what it is going to do to you.
3. Get your drugs tested for fentanyl at Blood Ties. This confidential service is quick and free.
4. Carry a naloxone kit but don't leave it in your car as it can freeze or be destroyed by heat.
5. Use in familiar and comfortable settings.
6. Stay healthy – drink lots of water, don't skip meals, and see a doctor or nurse regularly.
7. Use extra caution if mixing different drugs and alcohol as this greatly increases overdose risk.

## WHAT IS HAPPENING DURING AN OPIOID OVERDOSE?

Opioids, especially strong ones like fentanyl, can easily overwhelm someone's system. The biggest risk is that as parts of the body begin to shut down, breathing will slow or stop, leading to brain injury or death.

## WHERE TO GET A FREE TAKE-HOME NALOXONE KIT

- Any community health centres or hospitals
- Blood Ties
- The Outreach Van
- KDFN Health Centre
- Mental Wellness and Substance Use Services
- Most pharmacies

## HOW TO SPOT AN OPIOID OVERDOSE

### Look for these signs:

1. Breathing changes – less than one breath every 5 seconds, strange snoring or gurgling sounds, or breathing stops;
2. Pupils are tiny;
3. Lips or fingernails start turning blue or grey, skin is cold and clammy;
4. Does not respond to yelling or a chest rub;
5. Vomiting; and
6. There are drug use items (ex., needles) nearby or the person is known to use drugs.

## STEPS TO TAKE DURING AN OVERDOSE

1. Call **911** at the first sign of trouble.
2. **(S)timulate them** – see if they respond to their name, yelling, or a chest rub.
3. **(A)irway** – check their mouth to make sure nothing is blocking their airway.
4. **(V)entilate** – start giving a rescue breath every 5 seconds if they are breathing less than once every 5 seconds.
5. **(E)valuate** – Have they woken-up? If no, administer naloxone. Naloxone can also be used before starting rescue breaths and chest compressions.
6. **(M)uscular Injection** – Give a dose of naloxone in the thigh, butt, or arm. Naloxone training is available anywhere that kits are dispensed.
7. **(E)valuate again** – Continue giving naloxone and rescue breaths until the person is responsive or the ambulance arrives.

## WHAT NOT TO DO!

**NEVER** leave the person alone. If you have to leave, call **911**, put the person in the recovery position, and pin a note to them so that paramedics will know what is happening.

**DO NOT** leave them on their back.

**DO NOT** hit the person or put them in a cold shower – this doesn't work for an overdose and could make things worse.

**DO NOT** give them other drugs – cocaine or other uppers can make things much worse like causing their heart to stop.

**DO NOT** inject saline/salt water.

## WORRIED TO CALL 911?

- Canada's Good Samaritan Drug Overdose Act means that you or the person overdosing cannot be charged with possession of drugs when calling **911** for an overdose. Note that police could still charge you with trafficking or other offences including probation violations if there is evidence left out at the scene. If you do not call **911** the Act will not cover you.
- Make sure to tell the **911** operator that the person is having trouble breathing because of an overdose.
- **911** is now available in all Yukon communities. If you only have a satellite phone, in an emergency dial 001-867-667-5555.

## RECOVERY POSITION

