

TWO STEPS TO HELP

# SAVE A LIFE OPIOID OVERDOSE

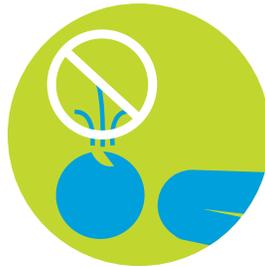
DURING COVID-19

## STEP 1:

Look for signs of an **OVERDOSE**



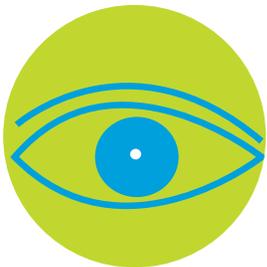
Not moving and  
can't be woken



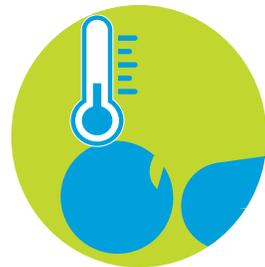
Slow or not  
breathing



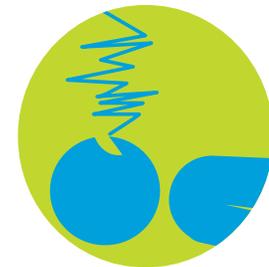
Blue or purple lips  
and nails



Tiny pupils



Cold or clammy skin



Choking, gurgling  
sounds or snoring

Substance Use Prevention and Harm Reduction

Visit: [york.ca/opioids](https://york.ca/opioids) or

Call: 1-877-464-9675 ext. 76683

TTY: 1-866-512-6228

Email: [substance@york.ca](mailto:substance@york.ca)

  
York Region

# STEP 2:

## Follow these steps when giving NALOXONE



Tap and shout



Call 911



Give naloxone: 1 nasal spray\*  
or injection into arm or leg



Perform Chest Compressions  
Rescue breathing may  
be considered\*\*



Is it working?  
**YES**



**NO** improvement? Give naloxone  
again, continue chest compressions\*\*  
and check in 2 - 3 minutes



**PUT PERSON IN  
RECOVERY POSITION (LEFT SIDE)**

**IF:** they begin breathing on their own or  
if you have to leave them alone.

\*GIVING NASAL NALOXONE DURING COVID-19 DOES NOT PRODUCE AEROSOLS.

\*\*FOR RESCUE BREATHING: TO REDUCE THE RISK OF INFECTIONS FROM RESPIRATORY SECRETIONS, INCLUDING INFLUENZA AND COVID-19, USE THE BREATHING BARRIER IN EACH KIT. UP-TO-DATE VACCINATIONS MAY ALSO HELP REDUCE BUT NOT COMPLETELY ELIMINATE THE RISK OF TRANSMISSION OF INFECTION.

### FOR MORE INFORMATION:

York Region Public Health Substance Use Prevention and Harm Reduction program:

[substance@york.ca](mailto:substance@york.ca) or 1-877-464-9675 ext. 76683

Report Bad Drugs: [york.ca/reportbaddrugs](http://york.ca/reportbaddrugs)

Connex Ontario: [connexontario.ca](http://connexontario.ca) or 1-866-531-2600