

OVERDOSE

PREVENTION AND RESPONSE

#1

OVERDOSE PREVENTION AND
RESPONSE TRAINING

MANITOBA
HARM REDUCTION
NETWORK

MHRN

PSYCHMEDICALS

STIMULANTS

DEPRESSANTS

LSD

DMT
DIMETHYLTRYPTAMINE

PCP

MAGIC MUSHROOMS (PSILOCYBIN)

KETAMINE

MDMA – ALSO A STIMULANT

#5

OVERDOSE PREVENTION AND
RESPONSE TRAINING

MANITOBA
HARM REDUCTION
NETWORK

**MH
RN**

COCAINE / CRACK

MDMA (ECSTASY) CAFFEINE

**METH-AMPHETAMINE
(SPEED, JIB, CRYSTAL METH)**

AMPHETAMINE

RITALIN METHYLPHENIDATE

#6

OVERDOSE PREVENTION AND
RESPONSE TRAINING

MANITOBA
HARM REDUCTION
NETWORK

MIRN

ALCOHOL ZOPICLONE BARBITUATES (NEMBUTAL, SECONAL)
 BENZODIAZEPINES (VALIUM, ATIVAN, XANAX, RESTORIL, ROHYPNOL)
BARBITUATES (NEMBUTAL, SECONAL)
 GHB GAMMA HYDROXYBUTYRATE 'DATE RAPE DRUG'

OPIOIDS

OXYCODONE **HEROIN** **CODEINE DEMEROL**
 PENTAZOCINE (TALWIN) **FENTANYL/CARFENTANIL**
 HYDROCODONE (VICODIN, OXYCONTIN)
 HYDROMORPHONE (DILAUDID) **METHADOSE**

OVERDOSE RISK FACTORS

MIXING

Prevention: use one drug at a time and let it take full effect, don't mix highest risk (least predictable or unknown) ones, if mixing drugs with alcohol – use drug first.

TOLERANCE

Prevention: use less at times your tolerance might be reduced (e.g. health).

ENVIRONMENT

Prevention: "fix with a friend", leave door unlocked, call someone.

QUALITY

Prevention: tester shots, use a reliable/consistent dealer, start small and do a tester if using a new dealer or if in a new town. Overdose does not usually happen right away – up to three hours after taking an opioid. Stagger use with friends so some one can act as the designated responder.

HEALTH / PREVENTION

eat, drink, sleep, see a doctor, carry inhaler, treat infections, etc. be aware.

STIMULANT

SIGNS OF OVERDOSE

SHORT OF BREATH

BODY IS HOT/SWEATY
OR HOT/DRY

CONFUSION, HALLUCINATIONS

VOMITING

CLENCHED JAW

SHAKY
AND FITTING

CHEST PAIN

SEIZURES

LOSING CONSCIOUSNESS

SEVERE HEADACHE

STIMULANT OVERDOSE RESPONSE

#10

OVER-AMPED:

THE PERSON IS CONSCIOUS AND NOT HAVING OVERDOSE SYMPTOMS

- Keep calm
- Give water or fluid with electrolytes.
- Cool
- Fresh air
- Don't let them take more drugs

OVERDOSE:

- Call 911
- Stay with the person
- Keep them conscious, hydrated, calm and cool
- If heart has stopped do "hands only" CPR if you know it
- There are no medications to safely reverse a stimulant overdose

OPIOIDS AND DEPRESSANTS

SIGNS OF OVERDOSE

PERSON CANNOT STAY AWAKE

CAN'T TALK OR WALK, BODY LIMP

NO RESPONSE TO YELLING
OR RUBBING KNUCKLES ON
CENTRE OF CHEST

SLOW OR NO BREATHING,
GURGLING OR WEIRD SNORING

SKIN IS COLD, PALE,
OR BLUISH, LIPS BLUE

PUPILS ARE VERY SMALL
OR EYES ROLLED BACK

VOMITING

SLOW OR NO PULSE

#11

OVERDOSE PREVENTION AND
RESPONSE TRAINING

MANITOBA
HARM REDUCTION
NETWORK

MHRN

OPIOIDS AND DEPRESSANTS OVERDOSE RESPONSE

STIMULATE AND
CALL 911

MEDICINE

AIRWAY

EVALUATE

VENTILATE

EVALUATE

SAVE ME

STIMULATE

- Use the person's name
- Let them know you are going to touch them
- Give a sternal rub
- Call 911

AIRWAY:

- Check mouth
- Look, listen and feel

VENTILATE

- Alone: give 2 breaths then prep naloxone
- Not alone: start CPR while someone else prepares naloxone

EVALUATE

SAVE

ME

MEDICINE:

PREPARE AND ADMINISTER
NALOXONE

- Ampoules: shake contents and snap off top
- Draw up the entire contents (1 ml = 0.4 mg)
- Hold needle tip up, push air out
- Site location: Shoot into muscle, not a vein. Thigh muscle is preferred
- Inject: use a 90 degree angle and push in the plunger until the syringe 'clicks'

EVALUATE

- Give CPR
- Is a second dose required?

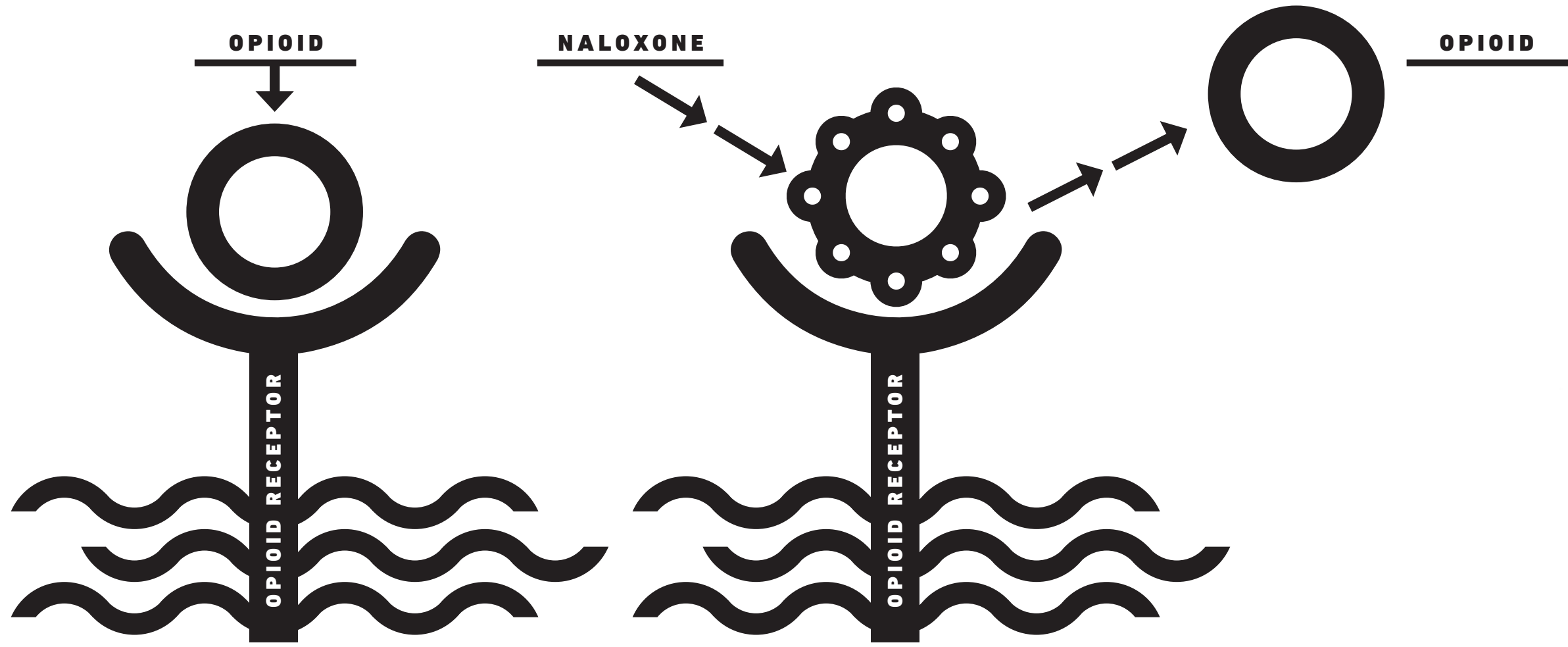
CONTINUE TO ADMINISTER EVERY
3-5 MINUTES AND DO CPR UNTIL
HELP ARRIVES

#14

OVERDOSE PREVENTION AND
RESPONSE TRAINING

HOW DOES NALOXONE WORK?

NALOXONE KNOCKS THE OPIOID OFF THE RECEPTOR SITE - WHICH REVERSES THE OVERDOSE



AFTERCARE

NALOXONE WEARS OFF
IN 20-90 MINUTES

THE PERSON PROBABLY WON'T
REMEMBER, AND THEY MIGHT
FEEL SICK (WITHDRAWAL)

EXPLAIN WHAT HAPPENED AND
BE SUPPORTIVE

DON'T ALLOW THE PERSON TO
DO MORE DRUGS (THEY WILL BE
WASTING THE DRUG AND MIGHT
OD AGAIN)

WITHDRAWAL SYMPTOMS WILL
START TO GO AWAY AS THE
NALOXONE WEARS OFF (20-90
MINUTES)

STAY WITH THE PERSON
FOR 2 HOURS: THE OVERDOSE
MAY RETURN

CARING FOR YOUR TAKE-HOME-NALOXONE KIT

KEEP OUT OF SUNLIGHT AND KEEP
AT ROOM TEMPERATURE

EXPIRES IN ABOUT 2 YEARS

IF YOU NEED ANOTHER KIT FOR ANY
REASON, PLEASE GET A REPLACEMENT

IF YOU USE YOUR NALOXONE IN AN OVERDOSE
EVENT, REPORT TO YOUR LOCAL RHA

RESOURCES

WWW.STREETCONNECTIONS.CA

WWW.TOWARDTHEHEART.COM

WWW.MHRN.CA

PROVINCIAL OVERDOSE PREVENTION, RECOGNITION
AND RESPONSE TRAINING MANUAL: [HTTP://WWW.
GOV.MB.CA/FENTANYL/SERVICE-PROVIDERS.HTML](http://WWW.GOV.MB.CA/FENTANYL/SERVICE-PROVIDERS.HTML)

#18

OVERDOSE PREVENTION AND
RESPONSE TRAINING

MANITOBA
HARM REDUCTION
NETWORK
MHRN