

PREVENTING OPIOID OVERDOSE

What are opioids and what is the risk?

- Opioids are drugs like oxycodone (oxys) (OxyContin, OxyNeo, Percocet, Oxycocet), hydromorphone (Dilaudid), fentanyl (e.g., carfentanil, acetyl fentanyl), heroin, morphine, methadone and codeine (Tylenol #1, 2, 3, 4).
- Strong opioids (fentanyl or carfentanil) are often mixed with other street drugs like ecstasy (MDMA), crystal meth, crack and others.
- One of the risks of using opioids is overdose.
- In an opioid overdose (OD), you pass out, your breathing slows or stops, and you may die.
- An overdose can happen however you use opioids: swallowing or chewing pills, injecting, snorting, smoking, using a patch and other ways.

Preventing overdose

- **Tell someone:** Carry ID that says you use an opioid, and tell people you trust.
- **Don't use alone** or use somewhere you will be found quickly if you OD.
- **Don't mix drugs:** Mixing benzos or alcohol with opioids increases the risk of overdose.
- **Go slow:** Use a very small test dose at first, especially with a new supply.
- **Tolerance is quickly lost:** If you have not used for a few days, use a smaller amount.
- **Be aware:** There's no way to tell if your supply is mixed with deadly fentanyl or carfentanil.
- **Carry a naloxone kit:** Naloxone can save a life when there is an overdose. We can help you get a kit and teach you how to use it.

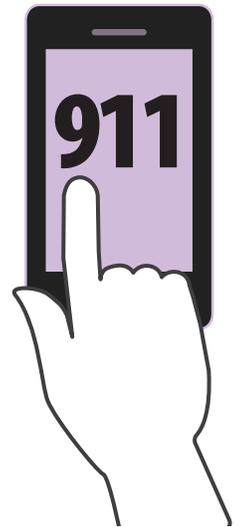
Call **911** in case of overdose

Signs of opioid overdose

- You can't wake the person up.
- Breathing is slow or has stopped.
- They make gurgling, snoring or choking sounds.
- Lips and nails are blue or grey.
- Body is limp.
- Skin is cold and clammy.
- Pupils are very small.

What to do if you see an overdose

- Call 911: Canadian law protects you from possession charges when you report an overdose.
- Give naloxone if you can.
- Stay with the person until the ambulance arrives.



Other things you can do

- **Start treatment:** Buprenorphine (in Suboxone) or methadone therapy, and talk therapy, can help you make healthy changes.
- **Learn CPR**
- **Get harm reduction supplies:**
 - The Works, 277 Victoria Street
 - CAMH Addiction Medicine Service, 100 Stokes St, 3rd floor
 - Call 211 to find other locations
- **Report bad drugs anonymously** at ReportBadDrugsTO.ca

Suspect an
Overdose?
Stay and
CALL 911

Canada's new Good Samaritan law can protect you.

Learn more at Canada.ca/Opioids
Together we can **#StopOverdoses**

 Government of Canada / Gouvernement du Canada 