



**Nasal administration**  
of naloxone

## POSSIBLE OPIOID OVERDOSE: WHAT TO DO

The person might have used medications or illicit drugs and shows the following signs:

### RECOGNIZING A POSSIBLE OVERDOSE



No response  
to sound or pain



Laboured or snore-like  
breathing, or absence  
of breathing

The person seems to be unconscious

### 1 TRY MAKING THEM RESPOND TO SOUND OR PAIN



**YELL** their name  
**TALK TO THEM** loudly

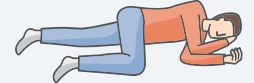
**RUB** the centre of their  
chest (sternum) hard

They are unresponsive

### 2 CALL OR HAVE SOMEONE CALL **911**

**IF YOU ARE ON YOUR OWN WITHOUT A PHONE:**

- Administer a dose of naloxone
- Perform chest compressions for 2 min
- Lay the person on their side
- Find a way to call 911 and follow instructions



They are unresponsive

### 3 ADMINISTER A DOSE OF NALOXONE

**A** Lay the person on their back.  
Tilt head backwards,  
supporting neck.



**B** Remove nasal spray  
from box:  
**don't test it!**

**HOLD IT**  
like this

**C** Insert tip into one nostril.  
Press firmly with your  
thumb.



They are unresponsive

### 4 PERFORM CHEST COMPRESSIONS IMMEDIATELY



**GIVE** 2 compressions  
(5 cm deep) per second

**OR**

**START** giving CPR  
if you have been trained,  
using the barrier mask

They are unresponsive 3 min after administration

### 5 ADMINISTER ANOTHER DOSE OF NALOXONE IN THE OTHER NOSTRIL



**REPEAT STEPS 4 AND 5**  
as long as the person is unresponsive



Out of naloxone?  
Continue chest compressions  
or CPR until help arrives

### IF THE PERSON WAKES UP...

Lay them on their side. Explain what just happened and how it's important that they be seen by a health professional.

The risk of another overdose after the first one is high because naloxone has a short duration of action.

Tell the person that they should not use opioids in the next few hours to avoid another overdose.

Stay with them while waiting for help. The Good Samaritan Law provides protection for overdose witnesses and victims.



- Store naloxone in a cool, dark place
- Check the expiry date
- Leave the spray in its box until it's time to use it

For more information, visit [Québec.ca/opioides](https://quebec.ca/opioides)

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