



Your naloxone purchase should include:

- At least 2 doses 0.4 mg/ml naloxone
- At least 2 retractable VanishPoint® syringes

# What is naloxone and why do you need it?

Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow or stop breathing. Naloxone restores normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone can prevent death or brain damage from lack of oxygen during an opioid overdose. Naloxone can be injected through clothing into the big muscle of the thigh, arm, or buttocks.

## Signs of an Opioid Overdose



Not responsive to noise or touch



Breathing will be slow or absent



Choking, gurgling or snoring sounds



Lips or nails are blue, skin is cold or clammy



Pupils are tiny

Overdose is a medical emergency - **CALL 9-1-1** | Tell attendant: Person is **not responsive** and **not breathing**.

Health Links: (204) 788- 8200 in Winnipeg or toll free 1-888-315-9257

MB Poison Centre: 1-855-776-4766

## SAVE ME Protocol

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



**Stimulate**  
Unresponsive? **CALL 911**



**Airway**



**Ventilate**

1 breath every 5 seconds



**Evaluate**



**Muscular Injection**

1st dose of naloxone



**Evaluate**

2nd dose?

## How to Give Breaths

**1**



Tilt head back to open the airway.

**2**



Pinch nose. Cover mouth with mask or clothing

**3**

Give 1 breath every 5 seconds.

**Breathing can slow down during an overdose but the heart is probably still beating - Give breaths to keep them alive**

## How to Use Naloxone

**1**



Tap ampoule to send all liquid to the bottom.

Push top away from you to snap open the ampoule.

**2**



Pull plunger to draw up liquid.

**3**



Inject into muscle. Press plunger all the way down to trigger safety (retraction).