

# Fact Sheet

## How to Use Naloxone

### 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 down or stop breathing. Naloxone restores normal breathing and consciousness within one 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 Opioid Overdose



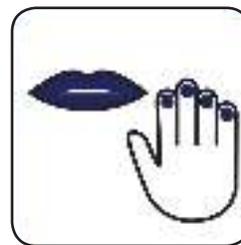
Not responsive to noise or touch.



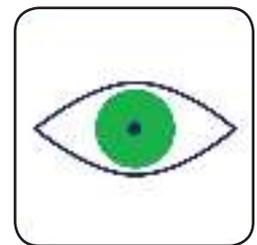
Breathing will be slow or absent.



Choking, gurgling or snoring sounds.



Lips or nails are blue, skin is cold or clammy.



Pupils are tiny.

Overdose is a medical emergency. **Immediately contact your local health centre or hospital!**

### How to use Naloxone

1



Flip off the cap to reveal latex seal.

2



Turn vial upside down. Pull plunger to draw up liquid.

3



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

### What to do

Follow the following steps below to respond.



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



Stimulate  
Call for help.



Airway



Ventilate



Evaluate



Inject into  
Muscle



Evaluate  
Second Dose?

### How to give breaths

1



Tilt the head back to open airway.

2



Pinch nose. Cover mouth with mask or clothing.

3

Give one breath every 5 seconds.

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