


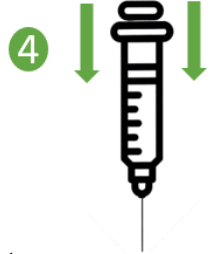


| SAVE ME            | Follow the “SAVE ME” steps to respond to an opioid overdose.   |
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| <b>S</b> TIMULATE  | <ul style="list-style-type: none"> <li>✓ Try to wake the person (shake, shout, clap, pinch, or rub knuckles hard on center of chest).</li> <li>✓ If the person is unresponsive: <b>Call 911</b> and say that the person is unresponsive and/or not breathing, and follow the next step.</li> </ul>   |
| <b>A</b> IRWAY     | <ul style="list-style-type: none"> <li>✓ Clear airway (remove anything from their mouth).</li> </ul>   |
| <b>V</b> ENTILATE  | <ul style="list-style-type: none"> <li>✓ Tilt head and lift chin to open the airway. Pinch nose closed.</li> <li>✓ Cover mouth with clothing or rescue breathing mask (provided in the kit).</li> <li>✓ Give 1 breath every 5 seconds for 2 minutes.</li> </ul>  |
| <b>E</b> VALUATE   | <ul style="list-style-type: none"> <li>✓ See if the person is breathing on their own and responsive.</li> <li>✓ If the person is not responsive: Follow the next step and give them Naloxone.</li> </ul>   |
| <b>M</b> EDICATION | <p><b>How to give Naloxone?</b></p> <div> <div> <p>1</p>  <p>✓ Push top away from you to snap open the ampoule using your fingers or a plastic ampoule breaker (provided in the kit).</p> </div> <div> <p>2</p>  <p>✓ Pull plunger to draw up entire liquid.</p> </div> <div> <p>3</p>  <p>✓ Push excess air from the syringe prior to injection to remove visible bubbles.</p> </div> <div> <p>4</p>  <p>✓ Inject into <u>thigh</u>, <u>upper arm</u>, or <u>buttock muscle</u> at 90°. Push down the plunger all the way down until you hear a click (needle will retract).</p> </div> </div> <p>Source of images: flaticon.com - Images were adapted from the College of Pharmacists of BC</p> |
| <b>E</b> VALUATE   | <ul style="list-style-type: none"> <li>✓ See if the person is breathing on their own and responsive.</li> <li>✓ If the person is not breathing: Continue to give breaths (1 breath every 5 seconds) until they are breathing again on their own.</li> <li>✓ After 3-5 minutes if the person is still unresponsive: <b>Give a 2<sup>nd</sup> dose of Naloxone.</b></li> <li>✓ Continue breaths (1 breath every 5 seconds) until the person is breathing on their own or until emergency services arrives.</li> </ul>  |

Watch Naloxone Training Video!



SCAN ME

You can get a **free** Naloxone kit from Take Home Naloxone Program Sites OR **buy** (without prescription) from some pharmacies.



SCAN ME

## REMEMBER:

Naloxone kits **DO NOT** replace the need for emergency services; **calling 911 is still necessary.**

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