

## Overdose Prevention

Overdoses from opioid drugs (drugs like heroin, methadone, morphine, and fentanyl) have been on the rise in B.C. Opioid overdoses are very serious and can result in death.

If you or someone you know is using drugs, it is important to know the signs of an overdose and what you can do to prevent it.

### Signs of an overdose from opioids

- Slow or no breathing
- Person may be gurgling or snoring
- Lips and nails are blue
- Person won't wake up

### Help prevent an overdose

The following tips can help reduce the risk:

- Don't mix different drugs (including pharmaceutical medications – especially benzodiazepines such as ativan and valium, street drugs, and alcohol).
- Don't take drugs when you are alone.
- Don't experiment with higher doses and take a small sample of a drug before taking your usual dosage.
- Keep an eye out for your friends – stay together and look out for one another.
- Recognize the signs of an OD – difficult to wake, turning blue, slow or no breathing, nausea, confusion, vomiting, and passing out. These are serious, and you need to get medical help ASAP.
- If someone thinks they may be having an overdose or are witnessing an overdose, call **9-1-1** immediately – do not delay.
- If you have overdose prevention and response training, open their airway and give breaths and/or administer [naloxone \(Narcan\)](#) until help arrives.
- To find out more about overdose prevention response training, and naloxone, use this [site finder to locate a Take Home Naloxone site](#) near you.

### Treatment

If you would like to learn more about substance use treatment services in your community, contact the [mental health and substance use office](#) in your area.

### Resources

Information on fentanyl <http://knowyoursource.ca/>

Information on harm reduction /OD prevention <http://towardtheheart.com/>