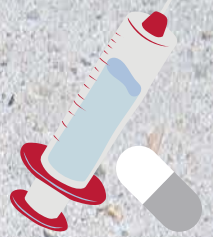


UNEXPECTED OPIOID OVERDOSE SYMPTOMS

Learning how to recognize and respond



Unconscious? Call 911 + follow SAVE ME:



If the person must be left unattended at any time, place them on their side in the recovery position

Stimulate **A**irway **V**entilate **E**valuate **M**edication **E**valuate
Unresponsive? Call 911 Check and open 1 breath every 5 seconds Breathing? 1 dose of naloxone & support
Wait 3 mins. Another dose?

Muscle Rigidity



1. Evaluate **breathing**
 2. Remove any nearby objects or **hazards** that may cause harm
- You may see:
- o **Muscle tensing**
 - o **Jaw clenching**
 - o **Stiffness in the abdominal and neck muscles**
- *Muscle rigidity is relieved by giving breaths and naloxone as per SAVEME*

Seizures



1. Stay and monitor - **do not attempt to restrain or place anything in (or near) the mouth**
2. **Call 911**
3. Remove any **nearby objects or hazards** that may cause harm
4. When the seizure has stopped, check **airway and breathing**. If breathing on own, place in the **recovery position**. If unresponsive, check **airway and breathing** and follow **SAVE ME** steps.

Uncontrolled Movements



1. Evaluate for potential **harm to self or others** (movements can be powerful & unpredictable)
2. Remove any **nearby objects or hazards** that may cause **harm**
3. Evaluate **breathing** and **ability to follow directions**.
4. If the person becomes **aggressive**, **call 911** and monitor from a **safe distance**

Confusion



not sure where they are or what is happening

1. Redirect to a calm and safe space
 - o **Quiet, dim lights, few distractions**
2. Practice **safe communication**
 - o **Calm tone, gentle approach**
3. Let them know **they are safe**
4. **Connect with supports**

Source: BCCDC Toolkit: Responding to Opioid Overdose for BC service providers

Remember to ask others for help if needed.
Stay calm and close by!

