

## Overdose prevention and response print material June 2017

### Wallet card – Call 8-1-1, Call 9-1-1 (3.5" x 2")

Intended audience: people who use drugs, distributed through service provider organizations, health professionals and emergency responders

<p style="text-align: center;"><b>RECOVERY IS POSSIBLE. HELP IS AVAILABLE.</b></p> <p style="text-align: center; font-size: 2em; color: yellow;"><b>Call 8-1-1</b></p> <p style="text-align: center; font-size: 0.8em;">to find out about opioid addiction treatment and support services in your area any time of the day or night</p> <p style="text-align: center; font-size: 0.7em;">Learn more at <a href="http://gov.bc.ca/overdose">gov.bc.ca/overdose</a></p> <p style="text-align: right; font-size: 0.6em;">  BRITISH COLUMBIA         </p>	<p style="text-align: center;"><b>IF YOU SEE SOMEONE HAVING AN OVERDOSE</b></p> <p style="text-align: center; font-size: 2em; color: yellow;"><b>Call 9-1-1</b></p> <p style="text-align: center; font-size: 0.8em;">to get help on the way.</p> <p style="text-align: center; font-size: 0.7em;">  CARRY A NALOXONE KIT               CALL 9-1-1               GIVE BREATHS         </p>
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### Rack Card 1 – Overdoses are happening in your community (4" x 9")

Intended audience: people in communities who may know or come across someone who uses drugs

<p style="text-align: center; font-size: 1.5em; font-weight: bold;">OVERDOSES ARE HAPPENING IN YOUR COMMUNITY</p>  <p style="font-weight: bold;">Overdose: A Public Health Emergency</p> <p>There is a public health emergency in BC. People are overdosing on illegal substances in high numbers. Drugs like heroin, fake oxys, cocaine, crack, ecstasy, MDMA and meth can contain toxic fentanyl or carfentanyl.</p> <p>If you know anyone who might be at risk find out how you can get involved and what resources are available for people in need.</p> <p>Your knowledge, compassion and action can save a life.</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">#STOPOVERDOSE</p> <hr style="border: 2px solid yellow;"/> <p><b>I know someone close to me who may be at risk of overdose. What can I do?</b></p> <p>Help is available. If you or someone you know uses substances, learn more about what help is available and reach out to them.</p> <ul style="list-style-type: none"> <li>• <b>Learn the signs</b> of overdose and how to respond. Carry a naloxone kit and know how to use it.</li> <li>• <b>Friends and family</b> who are likely to witness and respond to an overdose can receive a naloxone kit and training to use it at no cost. Find locations listed at <a href="http://Towardtheheart.com">Towardtheheart.com</a>. Kits can also be purchased at many local pharmacies.</li> <li>• <b>Talk about the dangers</b> of using drugs alone. Having an overdose response plan in the event of overdose can save lives.</li> <li>• <b>Encourage</b> your friend or family member to ask their health care provider about opioid replacement therapies.</li> <li>• <b>Learn more</b> about recovery and treatment options by calling 8-1-1 or by contacting your local health authority to find out what options are available.</li> </ul> <p style="text-align: center; font-weight: bold;">Learn More: <b>Call 8-1-1</b></p> <p style="text-align: center; font-size: 0.8em;">  CARRY A NALOXONE KIT               CALL 8-1-1               #STOPOVERDOSE         </p> <p style="font-size: 0.7em;">           Visit <a href="http://gov.bc.ca/overdose">gov.bc.ca/overdose</a> for a list of health authority services and join the conversation online <a href="https://twitter.com/topoverdose">#topoverdose</a> </p> <p style="text-align: right; font-size: 0.6em;">  BRITISH COLUMBIA         </p>
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## Rack Card 2 – How to talk to kids about drugs (4”x 9”)

Intended audience: parents and other family members of youth and young adults who may use drugs or know someone who uses drugs

# HOW TO TALK TO KIDS ABOUT DRUGS



### Overdose: A Public Health Emergency

There is a public health emergency in BC. People are overdosing on illegal substances in high numbers. Drugs like heroin, fake oxys, cocaine, crack, ecstasy, MDMA and meth can contain toxic fentanyl or carfentanil.

Keeping communication open and staying informed can help build resiliency and help when your kids or other youth in your life face important decisions about drugs.

# HOW TO HAVE AN OPEN CONVERSATION

- **Stay Calm:** Be less critical. Be a good listener, be positive and problem solve as a team. Give room to ask questions. Respect their opinions. Ask what they are seeing, hearing and feeling. When asking, be open and respectful.
- **Conversation starters:** Talk about what you've seen in social media, the news and in movies. Talk in the car, while making dinner or while walking.
- **Ask open ended questions** such as, "What do you think about this?" or "Tell me what you've heard about this?" Look for the answers together. If they won't talk, find another trusted adult they would feel comfortable with: relative, teacher, counsellor or neighbour.
- While talking to kids about drugs can be tricky, there is expert help available. Find out more on how speak to youth about drugs and building resiliency at [bc.gov.ca/overdose](https://bc.gov.ca/overdose)

Learn More:

**Call 8-1-1**

#STOPOVERDOSE

Visit [gov.bc.ca/overdose](https://gov.bc.ca/overdose) and join the conversation online #stopoverdose





**Rack card 3 – Signs of an overdose, Save me steps (4”x 9”)**

Intended audience: people who use drugs or people around them, distributed through service provider organizations, health professionals and emergency responders

# SIGNS OF AN OVERDOSE

Learn how to spot an overdose and what to do.



**Cannot be woken up**  
or not moving



**Breathing**  
slow or not breathing



**Choking**  
or coughing, gurgling,  
or snoring sounds



**Cold**  
or clammy skin



**Dizziness**  
and confusion



**Change in Color**  
Lips and nails turning  
pale, blue or gray



**Pupils**  
very small

**If any signs of an overdose are present, call 9-1-1 immediately and follow the SAVE ME steps on the other side of this card.**

# SAVE ME STEPS

If you see any signs of an overdose, call 9-1-1 immediately and follow the steps below.

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



**1. Stimulate**  
Poke. Shout. See if they respond. Call 9-1-1.



**2. Airway**  
Open the airway. Plug nose. Tilt neck back gently.



**3. Ventilate**  
Give 1 breath every 5 seconds.



**4. Evaluate**  
Are they breathing?



**5. Muscular Injection**  
Inject one dose of naloxone in shoulder or thigh. Continue to provide breaths until the person is breathing on their own and help arrives.



**6. Evaluate**  
If no response after 3-5 minutes; give another naloxone injection. Continue giving breaths.

gov.bc.ca/overdose  BRITISH COLUMBIA

# CALL 9-1-1

 CARRY A NALOXONE KIT  #STOPOVERDOSE

**Poster 1 – Know the signs of an overdose** (available in 8.5”x 11” or 11”x 17”)

Intended audience: people who use drugs or people around them, distributed through service provider organizations, health professionals and emergency responders

# KNOW THE SIGNS OF AN OVERDOSE

Learn how to spot an overdose and what to do.

**Cannot be woken up or not moving**

**Choking**  
or coughing, gurgling, or snoring sounds

**Change in Colour**  
Lips and nails turning pale, blue or gray

## WHAT TO DO

Call 9-1-1 immediately and follow the steps below.

**Give Breath**  
Open the airway. Plug nose. Tilt neck back gently and give 1 breath every 5 seconds.

**Inject naloxone**  
Inject one dose of naloxone in shoulder or thigh. Continue to provide breaths until the person is breathing on their own and help arrives.

**Learn more at [gov.bc.ca/overdose](http://gov.bc.ca/overdose)**

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**CARRY A NALOXONE KIT**   **CALL 9-1-1**   **#STOPOVERDOSE**

**Poster 2 – Naloxone can save you** (available in 8.5”x 11” or 11”x 17”)

Intended audience: people who use drugs or people around them, distributed through service provider organizations, health professionals and emergency responders

A pair of hands holding a black, textured naloxone kit with a white cross and the word 'NALOXONE' printed on it.

# NALOXONE CAN SAVE YOU

Drugs like heroin, fake oxys, cocaine, crack, ecstasy, MDMA and meth can contain toxic opioids like fentanyl and carfentanyl. But naloxone can reverse an opioid overdose. If you know anyone who might be at risk, get a kit, and help save a life.

**Learn more at [gov.bc.ca/overdose](http://gov.bc.ca/overdose)**



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 **CARRY A NALOXONE KIT**     **CALL 9-1-1**     **#STOPOVERDOSE**

**Poster 3 – Lethal drugs are out there** (available in 8.5”x 11” or 11”x 17”)

Intended audience: people who use drugs, distributed through service provider organizations, health professionals and emergency responders



**LETHAL DRUGS  
ARE OUT THERE**

**Your life is worth saving.**

Not using drugs is your best defence. But if you use, avoid using alone. Overdosing alone means no one can save you. Ask for help. Have a friend check on you. Or go to a supervised consumption or overdose prevention site near you.

**Learn more at [gov.bc.ca/overdose](https://gov.bc.ca/overdose)**



**CARRY A NALOXONE KIT**   **CALL 9-1-1**   **#STOPOVERDOSE**