Naloxone is an antidote for opioids which can include:

- Codeine
- Demerol
- Hydromorphone
- Heroin
- Oxycodone
- Dilaudid
- Morphine
- Buprenorphine
- Fentanyl
- Methadone

**Signs of an Overdose**

- Soft/no breath or snoring
- Pinpoint pupils
- Blue lips, nails or skin
- Cold, clammy skin
- Limp body
- Doesn’t respond to shouting

**Giving Naloxone by Nasal Spray**

1. Shake shoulders and shout name.

2. Call 911 if unresponsive. (*Note: Canadian Law protects you from possession charges when you report an overdose*)

3. Lay person on their back, Insert nozzle tip into one nostril. Firmly press plunger.

4. Perform rescue breathing and/or chest compressions.

5. If breathing has not improved after three to five minutes, perform step 3 and 4 again.

6. If breathing has resumed, place in recovery position.
   - Hand supports the head.
   - Head should be tilted back slightly.
   - Knee stops body from rolling onto stomach.

**STAY UNTIL EMERGENCY SERVICES ARRIVE!**

Naloxone can be administered every 3 to 5 minutes until emergency services have arrived.

**DO NOT**

- Stand them up
- Put them in the bathtub/shower
- Inject stimulants (e.g. meth)