

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



BRITISH
COLUMBIA



CARRY A NALOXONE KIT



CALL 9-1-1



#STOPOVERDOSE