

HOW TO RESPOND TO OPIOID TOXICITY

Manitoba take-home naloxone kits are available free to members of the public who are at risk of experiencing or witnessing opioid toxicity, overdose or poisoning.

If you think someone is experiencing opioid toxicity, follow these steps.

1 TRY WAKING THE PERSON UP

- Shout their name
- Shake or pinch their shoulders



2 IF PERSON IS NOT RESPONDING CALL 911

The Good Samaritan Drug Overdose Act provides some legal protection for people who witness or experience an overdose and call 911 or their local emergency response number for help. Also:

- Ask for help from people nearby
- Get a naloxone kit and an Automatic External Defibrillator (AED) if available



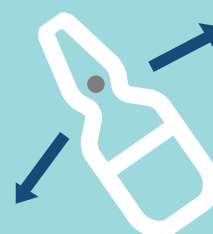
3 CHECK BREATHING

- If the person is not breathing normally (at least 1 breath every 5 seconds) or if you aren't sure, continue to next steps and give naloxone
- If the person is breathing normally, but is not awake or able to respond, stay with them until emergency services arrive



4 PREPARE NALOXONE

- Swirl the ampoule to bring the medication to the bottom
- Break the ampoule open at the neck
- Use the plastic ampoule breaker to protect your hands.
- Break AWAY from the dot
- Draw up the entire contents into the syringe



5 ADMINISTER NALOXONE

- Inject the medication in the large muscle at the front middle section of the thigh at a 90-degree angle to the muscle
- You can inject through the clothing once you have landmarked the place you will be injecting
- Push the plunger until the syringe clicks and the needle retracts



6 GIVE CPR AND SET UP THE AED

Set up the AED if you have one

Give CPR if you are comfortable doing so. The 911 operator can give you instructions

- **Chest Compressions:** Fold one hand over the other and give 100 to 120 compressions per minute in the centre of the chest
- **Rescue Breathing:** Clear any objects from the mouth and give 1 breath every 5 seconds. Use the barrier mask provided in the kit



7 EVALUATE

If the person does not wake up after 3 to 5 minutes repeat the naloxone.

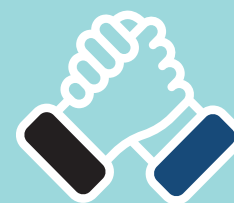
Keep giving naloxone every 3 to 5 minutes until you run out or help arrives.



8 SUPPORT

If the person comes around, tell them what happened and support them.

- Stay with them for 2 hours if you can. The opioid toxicity may come back after the naloxone wears off
- They should not use more drugs.
- If they have withdrawal symptoms they should start feeling better in about 20 to 30 minutes as naloxone wears off
- Replace your naloxone kit at your closest location



Responding to an emergency can be difficult. You may need support. Talk to someone about what happened and consider mental health or crisis supports. See mb.211.ca

This direction is for lay responders in the community. It is not intended for health care professionals or opioid response in the workplace, where additional steps may be required.

For more information on the Manitoba Take Home Naloxone Program visit: manitoba.ca/naloxone.



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