


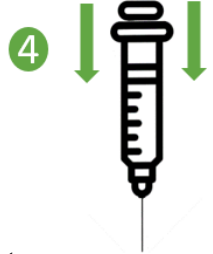


SAVE ME	Follow the “SAVE ME” steps to respond to an opioid overdose.
S TIMULATE	<ul style="list-style-type: none"> ✓ Try to wake the person (shake, shout, clap, pinch, or rub knuckles hard on center of chest). ✓ If the person is unresponsive: Call 911 and say that the person is unresponsive and/or not breathing, and follow the next step.
A IRWAY	<ul style="list-style-type: none"> ✓ Clear airway (remove anything from their mouth).
V ENTILATE	<ul style="list-style-type: none"> ✓ Tilt head and lift chin to open the airway. Pinch nose closed. ✓ Cover mouth with clothing or rescue breathing mask (provided in the kit). ✓ Give 1 breath every 5 seconds for 2 minutes.
E VALUATE	<ul style="list-style-type: none"> ✓ See if the person is breathing on their own and responsive. ✓ If the person is not responsive: Follow the next step and give them Naloxone.
M EDICATION	<p>How to give Naloxone?</p> <div> <div> <p>1</p>  <p>✓ Push top away from you to snap open the ampoule using your fingers or a plastic ampoule breaker (provided in the kit).</p> </div> <div> <p>2</p>  <p>✓ Pull plunger to draw up entire liquid.</p> </div> <div> <p>3</p>  <p>✓ Push excess air from the syringe prior to injection to remove visible bubbles.</p> </div> <div> <p>4</p>  <p>✓ Inject into <u>thigh</u>, <u>upper arm</u>, or <u>buttock muscle</u> at 90°. Push down the plunger all the way down until you hear a click (needle will retract).</p> </div> </div> <p>Source of images: flaticon.com - Images were adapted from the College of Pharmacists of BC</p>
E VALUATE	<ul style="list-style-type: none"> ✓ See if the person is breathing on their own and responsive. ✓ If the person is not breathing: Continue to give breaths (1 breath every 5 seconds) until they are breathing again on their own. ✓ After 3-5 minutes if the person is still unresponsive: Give a 2nd dose of Naloxone. ✓ Continue breaths (1 breath every 5 seconds) until the person is breathing on their own or until emergency services arrives.

Watch Naloxone Training Video!



SCAN ME

You can get a **free** Naloxone kit from Take Home Naloxone Program Sites OR **buy** (without prescription) from some pharmacies.



SCAN ME

REMEMBER:

Naloxone kits **DO NOT** replace the need for emergency services; **calling 911 is still necessary.**

9 1 1

Stewardship and Clinical Appropriateness
Clinical.Appropriateness@saskhealthauthority.ca