Opiates Overdose
Signs and Symptoms

Call 911 if:

- Breathing is slow or not breathing at all
- Nails and lips are blue
- Choking or throwing up
- Making gurgling sounds
- Skin is cold and clammy
- You can’t wake them up

Don’t use opiates, including fentanyl by yourself.
Tips to help prevent an overdose

• Don’t use by yourself
• Do ‘test shots’
• Start using in small amounts if you haven’t used in awhile
• Even small amounts can result in overdose
• Don’t mix drugs
• Avoid speedballing
• Always carry a Naloxone Kit, and learn rescue breathing

For info call 811, or visit www.StopODs.ca

For emergencies call 911