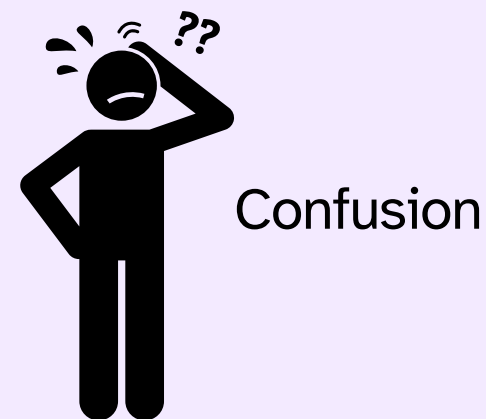
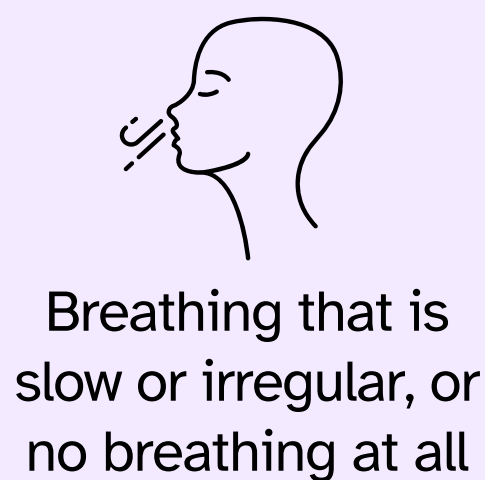
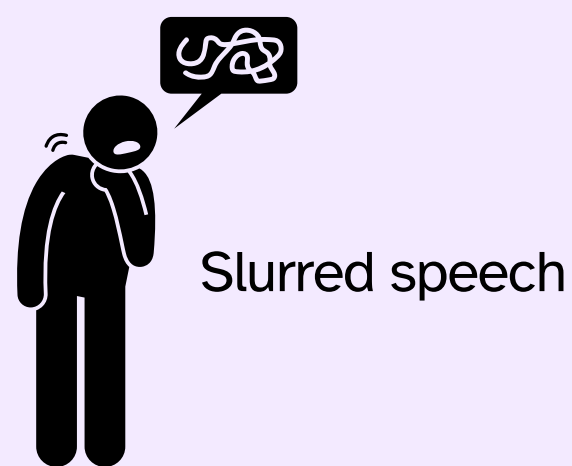
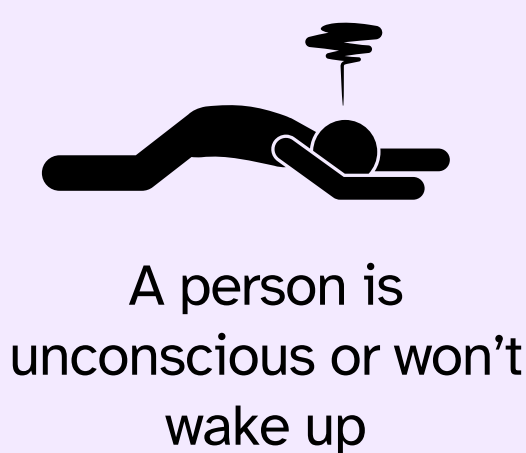


Responding in Substance-Related Emergencies

Know the Signs of a Substance-Related Emergency

General Signs of an Overdose



Call for Help

If you are worried that a person has taken too much of **any** substance, you should call for help.

Calling 9-1-1 will connect you to a call centre which will dispatch paramedics, police, and firefighters to respond to your emergency.

You should never assume that someone else has already called 911.

Overdoses fall under the Good Samaritan Act in Canada, meaning you won't be charged for crimes related to the simple possession of controlled substances.

This Act does not protect you from outstanding warrants, drug trafficking, and production.

Give Naloxone

- ✓ Naloxone is a medication that temporarily reverses the effects of opioids (like morphine, fentanyl, heroin).
- ✓ Administering Naloxone during an opioid overdose can help restore a person's breathing while you wait for help to arrive.
- ✓ Naloxone does not cause negative effects in individuals who have not taken opioids, so it is safe to administer even when you are unsure whether the person has taken opioids or not.



To find out where you can get a free naloxone kit visit:

<https://www.canada.ca/en/health-canada/services/opioids/naloxone.html#5>

To learn more about the effects of opioids and other substances, visit <https://decyde.ca/facts-sheets/>

For more information on Naloxone and other methods of harm reduction, visit <https://decyde.ca/harm-reduction/>

Stay with Them!

Do not



Leave a person experiencing a substance-related emergency alone.

Do



Keeping talking to them - if the person is still conscious, this can help keep them calm.

Do

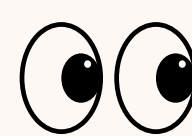


Put the person in **recovery position** while you wait for help to arrive.

What is Recovery Position?

This is a position that keeps an unconscious person's airway open, until help arrives.

This helps prevent them from choking or suffocating on their vomit or having their airway blocked by their tongue.



See page 2 for how to put a person in the recovery position.

RECOVERY POSITION

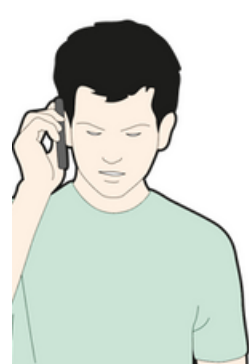
WHAT IS THE RECOVERY POSITION?

The recovery position is an important first aid tool to use while waiting on medical help.

It helps maintain an **open airway**, preventing obstruction, and ensuring a person can breathe properly before help arrives.

1. CHECK & CALL

- If someone is unresponsive, first check to make sure the person is breathing.
- If they are unresponsive, but breathing, it is safe to put them in recovery position.
- Call emergency services- 911.



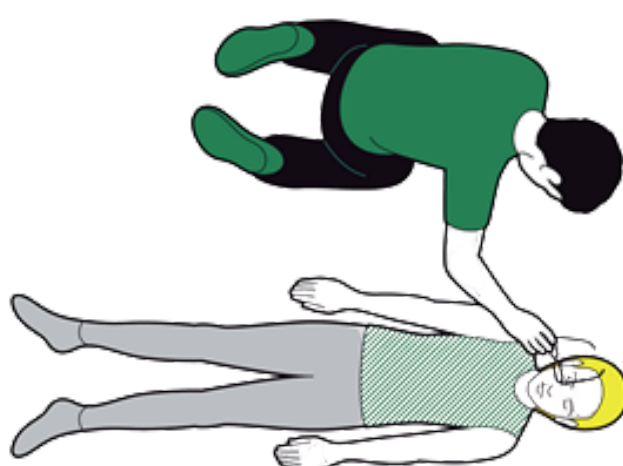
5. BEND KNEE

- Use your free hand to bend the far knee so their foot is flat on the ground.



2. CLEAR SPACE

- Kneel beside them, put them on their back, straighten their legs, and remove glasses or bulky items.
- Don't dig through their pockets.



6. ROLL THEM OVER

- Pull the bent leg towards you and gently roll them onto their side.
- Make sure their bent arm and knee stay in place to stabilize them.



3. ARM POSITION #1

- Take the arm closest to you and place it out to the side at a right angle, palm up.



7. OPEN THE AIRWAY

- Tilt their head back slightly and lift the chin to open their airway.
- Their hand under the cheek helps keep their head steady.



4. ARM POSITION #2

- Bring the other arm across their chest, placing the back of their hand under their cheek- this supports their head.



8. STAY & MONITOR

- Monitor their breathing and level of consciousness. If left in position for over 30 minutes, roll them gently onto the other side.



Resources:

Government of Canada. (2024, August 6). About the Good Samaritan Drug Overdose Act. <https://www.canada.ca/en/health-canada/services/opioids/about-good-samaritan-drug-overdose-act.html>

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