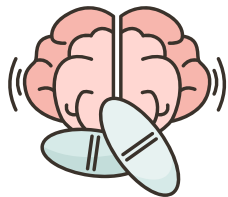


# What are Opioids?

Opioids exist in both licit and illicit forms. A variety of opioid medications — such as codeine, fentanyl, morphine, oxycodone, and diacetylmorphine — are produced and used most often to treat pain. Opioids have the potential for problematic use because they can produce a feeling of well-being or euphoria — a “high.”

Most opioid-related deaths occur due to a substance known as **fentanyl**. Fentanyl is cheaper to produce, more potent, and lethal, even in very small doses.

In overdose, there is an excessive effect on the portion of the brain regulating breathing, resulting in respiratory depression (slow, shallow, and ineffective breathing) and eventually death. After as little as 3–5 minutes without sufficient oxygen, brain cells begin to die and brain injury may result.



# *Opioid Poisoning:*

How to respond before the 911 arrives



**BRAINTRUST**  
CANADA

**braintrustcanada.com**  
**info@braintrustcanada.com**  
**250-762-3233**

100 – 215 Lawrence Ave.  
Kelowna, B.C. V1Y 6L2

**BRAINTRUST**  
CANADA

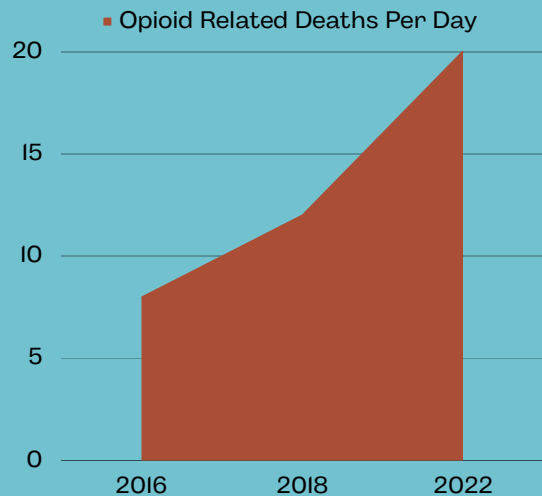
# The Opioid Epidemic

3,556 apparent opioid toxicity deaths occurred from January – June 2022.

This is approximately 20 deaths per day solely caused by overdose. In the years prior to the pandemic, there were between 8 (2016) and 12 (2018) deaths per day.

From January to June 2022, 97% of apparent opioid-related deaths were accidental.

Together we can provide first aid and proper care before help arrives to save a life and fight against the opioid crisis.



## Signs of Opioid Poisoning



- slowed breathing (or no breathing)
- choking or snoring sounds
- chest tightness
- extreme drowsiness or unresponsiveness
- pale or blue/grey skin or lips
- small pupils (the black parts of the eyes)



Next step:

1. Get help by calling 9-1-1 or your local emergency number
2. Get a naloxone kit if available.
3. If the person is unresponsive and **NOT** breathing normally, start CPR, pause to give naloxone, then continue CPR.
4. If the person is unresponsive but breathing normally, give naloxone and monitor them closely until emergency arrives.



## What is Naloxone?

Naloxone is a medication used to reverse or reduce the effects of opioids. It is commonly used to counter decreased breathing in opioid overdose. Naloxone may be injected in the muscle, vein, or under the skin or sprayed into the nose.

Scan the QR code below to take a course to get trained to use naloxone:



Naloxone kits are usually free and it is helpful to carry them with you if you are going out to a party or a social gathering as it has the potential to save a life.

You can get a free naloxone kit at any community pharmacy, no questions asked.