



Yukon

If the person must be left unattended at anytime,
put them in the recovery position.



1. Stimulate

Poke. Shout.
See if they respond.
Call 9-1-1.



2. Airway

Open the airway.
Plug nose.
Tilt neck back gently.



3. Ventilate

Give 1 breath
every 5 seconds.



4. Evaluate

Are they breathing?



5. Muscular Injection

Inject one dose of naloxone in
shoulder or thigh. Continue to
provide breaths until the
person is breathing on their
own and help arrives.



6. Evaluate

If no response after 3-5
minutes, give another
naloxone injection.
Continue giving breaths.

SAVE ME STEPS

If you see any signs of an overdose,
call **9-1-1** immediately and follow the steps.
Learn more at: knowyoursource.ca

SIGNS OF AN OVERDOSE



Cannot be woken up
or not moving



Choking
or coughing, gurgling
or snoring sounds



Breathing
slow or not breathing



Cold
or clammy skin



Pupils
very small



Dizziness
and confusion



Change in color
lips and nails turning
pale, blue or gray

If any signs of an overdose are present,
call **9-1-1** immediately and follow the
SAVE ME steps on the other side of this card.