

You have the power to protect the breath of life, and save someone's life.



Opioids have morphine-like effects and are prescribed for pain relief.

Examples of opioids are: heroin, morphine, codeine, percocet, methadone, fentanyl, codeine, oxycodone, vicodine and more.

The Great Spirit gave us all the gift of life, our breath.

Taking drugs can take away your breath, causing an overdose, ending your life. The overdose is not always intentional, and is most commonly caused because of:



Taking drugs without knowing the contents of drugs (potency/quality cut/strength)



Mixing drugs and alcohol, mixing drugs with other drugs (quantity and health status)



Using drugs after a period of no use (tolerance)



### Know the signs of overdose

The body becomes unable to maintain or monitor functions necessary for life, such as breathing, heart rate, and body temperature regulation. Not everyone who overdoses will die; however, there can be long term medical impacts from overdose, such as brain damage from lack of oxygen.

### Adult knowledge of what to do in an opioid overdose

Yes 49% • No 40% • Don't know 11%



-  **Stay calm**
-  **Call for help**  
911 or your local community police / health supports
-  **Stimulate**  
Tap them and call out their name to try to get a response
-  **Ventilate**  
Give one breath every five seconds
-  **Evaluate**  
Watch for any changes
-  **Treat**  
Give muscular injection of naloxone or nasal spray (naloxone only works on opioid overdose)
-  **Re-Evaluate**  
Watch for signs of breathing, if no change give another dose of naloxone
-  **Wait for help**  
Stay with the person until help arrives

Put the person in **recovery position** if you must leave



Knee stops body from rolling onto stomach



### Adult knowledge of a naloxone / Narcan Kit

Yes 72% • No 23% • Don't know 5%



Naloxone is a drug used to reverse the effects of an opioid overdose. Naloxone can restore breathing within 2 to 5 minutes. Medical attention is required immediately after giving someone naloxone.



Naloxone kits contain everything that is needed to help reverse the effects of an opioid overdose. Each kit contains: naloxone, alcohol swabs, latex gloves, rescue breathing mask, syringes, and steps to respond to an opioid overdose.



Nasal Spray naloxone kits generally include 2 doses of naloxone hydrochloride intra-nasal spray (4 mg/0.1ml), and one rescue breathing barrier.

### Adult awareness of availability of naloxone / Narcan Kits in the community

Yes 70% • No 8% • Don't know 22%



Every household, worker, volunteer, Elder and cultural practitioner should have a naloxone kit and know how to use it

### Level of access to naloxone / Narcan Kit

Easy 41% • Difficult 15% • Don't know 43%



- [naloxonecare.com/about/](http://naloxonecare.com/about/)
- Pharmacies
- Community Health
- Offering continuing education and access to naloxone/Narcan ensures that there are ample naloxone kits for community members

### Adults who had to rush someone to the hospital or medical clinic because of their opioid use

Yes 26% • No 73% • Prefer not to answer 2%



Knowledge of how to respond to an overdose safely can reduce potential fatal events in your community. Sharing knowledge of naloxone can save someone's life.

### Adult knowledge of how to use a naloxone / Narcan Kit

Yes 49% • No 45% • Don't know 6%



1. Draw up all of the liquid into the syringe – make sure the needle tip is at the bottom of the ampoule, so you get all the medication.



2. To remove the air, turn the syringe so the needle is pointing up and push the plunger in until most of the air is gone. It is OK to leave a little air because you are injecting into a muscle.



3. Firmly put the needle straight into a large muscle (preferably the thigh, but the upper arm and butt are also OK) at a 90 degree angle. The needle can go right through clothes. Push the plunger in until you hear it click – this is the needle retracting into the syringe.

### Narcan Nasal Spray

Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

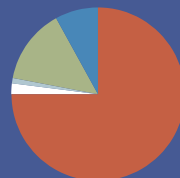
Press the red plunger firmly to give the dose of Narcan Nasal Spray.

Remove from nostril after giving the dose.



### Adults who have used a naloxone / Narcan Kit in the community

2% >5 times  
1% 4-5 times  
14% 2-3 times  
8% Once  
72% Never



First Nations Opioid and Methamphetamine Survey - Adult module. Harm reduction section. Summary of naloxone/Narcan kit and opioid overdose knowledge. The results are shown in percentages, n=1951 First Nations participants.



[thunderbirdpf.org](http://thunderbirdpf.org)

