

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.

Youth knowledge of what to do in an opioid overdose

Yes 27% • No 56% • Don't know 17%



- 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



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Youth knowledge of naloxone / Narcan Kit

Yes 22% • No 70% • Don't know 7%



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.

Youth awareness of availability of naloxone / Narcan Kits in the community

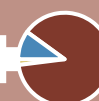
Yes 46% • No 13% • Don't know 41%



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

Youth that have used naloxone / Narcan Kit

Yes 10% • No 88% • Prefer not to answer 2%



Youth who had to help someone who they thought overdosed

Yes 18% • No 77% • Prefer not to answer 5%



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

Youth knowledge of how to use a naloxone / Narcan Kit

Yes 22% • No 70% • Don't know 7%



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.

First Nations Opioid and Methamphetamine Survey - Youth module. Harm reduction section. Summary of naloxone/Narcan kit and opioid overdose knowledge. The results are shown in percentages, n=265 First Nations participants.