

Opioid Harms

IN THE NORTHWEST TERRITORIES



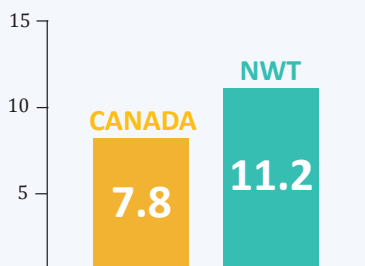
September 2018

What are opioids?

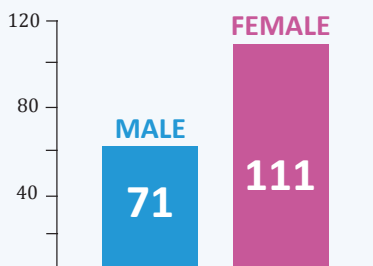
Opioids are medications that relieve pain. When used properly, they can help; however, problematic use can cause dependence, overdose and death.

THE DATA

Deaths per 100,000 people



Hospitalizations per 100,000 people



Among opioid-related deaths,
80% ARE MALE



Females are **1.6x** more likely to be hospitalized



SIGNS OF OVERDOSE



Blue lips



Dizziness and confusion



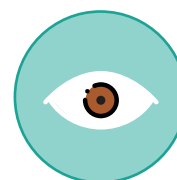
Can't be woken up



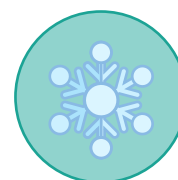
Slow, weak or no breathing



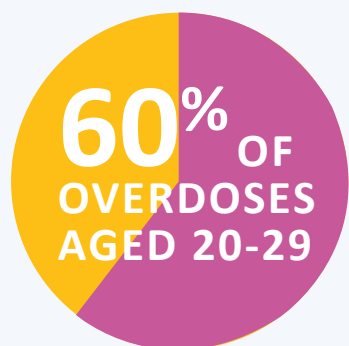
Choking, gurgling or snoring sounds



Pupils are tiny



Skin feels cold and clammy



If you suspect an overdose,

- S Stimulate.** Check if the person is responsive, can you wake them up?
- A Airway.** Make sure there is nothing in the mouth blocking the airway.
- V Ventilate.** Plug the nose, tilt the head back and give one breath every 5 seconds.
- E Evaluate.** Do you see any improvement?
- M Muscular injection.** Inject one dose of naloxone into a muscle.
- E Evaluate and support.** Is the person breathing? If they are not awake in 5 minutes, give one more dose of naloxone.

KNOW THE SIGNS.

GET A
NALOXONE KIT.

SAVE A LIFE.