



## What are opioids and what is the risk?

- Opioids are drugs like oxycodone (OxyContin, OxyNeo, Percocet, Oxycocet), hydromorphone (Dilaudid), fentanyl (carfentanil, acetyl fentanyl), heroin, morphine, methadone and codeine (Tylenol #1, 2, 3, 4).
- Strong opioids (fentanyl and carfentanil) can be mixed with other street drugs like ecstasy (MDMA), crystal meth and crack.
- One of the risks of using opioids is overdose.
- In an opioid overdose, the person passes out, and their breathing slows down or stops.
   They may even die.
- An overdose can happen no matter how the person uses opioids — swallowing or chewing pills, injecting, snorting, smoking, using a patch and other ways.

# How can you reduce your risk of an overdose?

- Check your supply: Ask others. Use <u>Toronto's Drug</u> Checking Service.
- Don't use alone: Use with someone else or at a supervised consumption site.
- If you use alone, have a safety plan. Call the National Overdose Prevention Line (1 888 688-6677).
- Start with a small dose and avoid mixing substances.
   Mixing benzodiazepines or alcohol with opioids increases the risk of overdose.
- Tolerance is lost quickly: If you have not used for a few days, use a smaller amount.
- Carry naloxone: It can save a life when there is an overdose.
   We can help you get a naloxone kit and learn how to use it.

Suspect an verdose?
Stay and

**CALL911** 

Canada's new Good Samaritan law can protect you.

Learn more at Canada.ca/Opioids

Together we can #StopOverdoses

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< Learn more about the Good Samaritan Act Scan the QR code for all the links listed in this handout.



#### What are the signs of opioid overdose?

- You can't wake up the person.
- Their breathing is slow or has stopped.
- They make gurgling, snoring or choking sounds.
- Their lips and nails are blue or grey.
- Their skin is cold and clammy.
- Their body is limp.
- Their pupils are very small.

# Preventing Opioid Overdose

### What can you do if you see an overdose?



#### Other things you can do

- Start treatment. If you have an opioid use disorder, opioid agonist treatment (medications like buprenorphine or methadone) can save your life!
- Learn CPR.
- Get harm reduction supplies (including naloxone).
  - Visit: CAMH COMPASS Service, 100 Stokes St., 3rd floor
  - Click here for a list of other locations.

#### Looking for help?

- Call the Centre for Addiction and Mental Health 416 535-8501 or 1 800 463-2338, and then press 2
- To learn more about other agencies that provide support with mental health services, call 211.
- Check out our Community Resource Sheets for lists of available services at CAMH and in the community

Scan the QR code for more info and all links listed in this handout.



