

# COVID-19 & Opioid Overdose Response

COVID-19 is a virus that is spread mainly from person-to-person through respiratory droplets from an infected person who coughs or sneezes.

## The following precautions should be taken when responding to an opioid overdose in the community:

1. **Shout and Shake.** Try and wake the person.
2. **Call 9-1-1** if no response.
3. **Leave the room if not directly involved with the overdose response.**
4. **Use a take home naloxone kit:**
  - a. Put on gloves (provided in kit) and wear a mask or cover your face if possible.
  - b. Give naloxone. If using nasal spray, give as quickly as possible and turn your head away and look in a different direction to avoid being face to face as much as possible.
  - c. Safely dispose all used contents in the garbage.
5. **Perform chest compressions, if comfortable doing so.**
  - a. Wear a mask if you have one.
  - b. If you don't have a mask:
    - i. Cover their nose and mouth with a piece of cloth/clothing.
    - ii. Turn your head away. Do NOT face the person.
6. **Do NOT provide rescue breathing.**
7. **Take off the gloves:**
  - a. Grasp gloves at the base of the palm and roll first glove off inside out. Slide ungloved hand inside wrist band of remaining glove and slide down fingers to remove.
  - b. Discard both gloves immediately into the garbage.
8. **Wash your hands with soap and water** for 20 seconds or use an alcohol-based hand sanitizer as soon as possible.

Naloxone is available on the VAN (text/call: 905-317-9966) and at most pharmacies.

Naloxone kits are available through Hamilton Urban Core Community Health Centre's Consumption and Treatment Services, 71 Rebecca St. hours 4:00pm - 10:30pm - 7 days a week. These hours have been scaled back due to the ongoing pandemic.

**COVID-19 Hotline:  
905-974-9848**

phscovid19@hamilton.ca  
[hamilton.ca/coronavirus](https://www.hamilton.ca/coronavirus)