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