

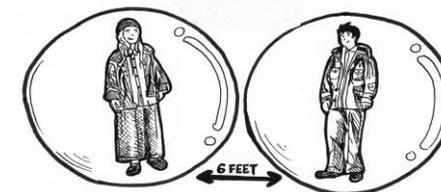
- COVID-19 is a respiratory virus that is **spread through inhaling droplets** produced when a person breathes out, coughs or sneezes, or by touching contaminated surfaces and then touching your eyes, nose or mouth.



- The best way to protect yourself is to wash your hands (soap and water, or hand sanitizer), avoid touching your face, and practice physical distancing.



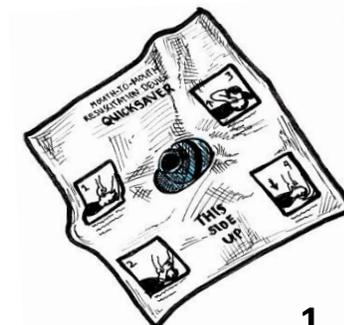
- Fentanyl and other opioids can slow a person's breathing rate, so COVID-19 may increase the risk of an overdose.



Yes, especially when giving rescue breaths. However, **the risk is low compared to the high risk of brain injury due to lack of oxygen during an overdose.**

You can **reduce** the risk by using a CPR face shield and gloves found in your Take Home Naloxone (THN) kit.

- The face shield has a one-way valve to protect the responder from respiratory fluids.



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You can decide whether you feel comfortable giving breaths using a CPR face shield.

- Put on gloves and try to rouse the person, encouraging them to take big breaths. **Immediately call 9-1-1 if there is no response.** *The Good Samaritan Drug Overdose Act protects you from arrest for simple possession.*

- Tilt their head back and check for any obstruction. Lift their chin to open the airway.
- If providing breaths, the best person to do so is a partner or housemate who already shares germs with the person. **Use a CPR face shield (in your THN/FORB kit) when giving rescue breaths and keep it in place while responding.**
- Administer naloxone. Give 2 doses, if necessary.

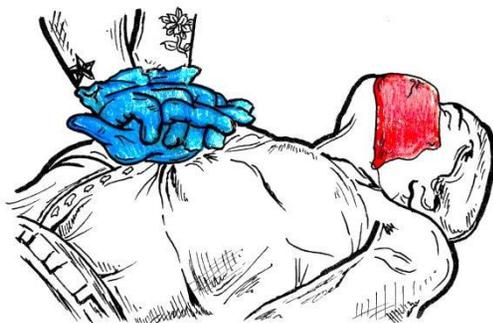


- Check for breathing and repeat the steps above, as necessary.

After responding to the overdose, dispose of the CPR shield right away. Then remove the gloves and dispose. Do not re-use the CPR face shield or the gloves. Thoroughly wash or sanitize your hands.



Note: Chest compressions may be needed if the person has no pulse, is not breathing, or only gasping. Gently place a towel or piece of clothing over the person's nose and mouth before giving compressions.



- Wash your clothes with soap in hot water (if possible).
- Get a replacement THN kit from a registered site.

- If you develop any type of respiratory symptoms (e.g. cough, runny nose, shortness of breath), get tested for COVID-19.
- Take care of yourself and stay safe!



- Use an Overdose Prevention site, if you can; OPS's are considered essential services and most remain open.

- Pick up a THN kit from a site (including many community pharmacies)
- Avoid using alone. Find a buddy or have someone check on you.
- Avoid sharing supplies, such as cigarettes, pipes, and injecting equipment.
- Substances may be more unpredictable and toxic; start low, go slow.
- Talk to your doctor or nurse practitioner about how to access prescription medications to reduce overdose risk and prevent withdrawal.

OTHER RESOURCES

- For resources related to COVID-19, including risk mitigation guidance, visit <https://towardtheheart.com/covid-19-resources>
- For a refresher on SAVE ME protocol and Naloxone administration, visit <http://www.naloxonetraining.com/> or contact your local peer organization

ACKNOWLEDGEMENT

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