

STEPS TO RESPOND TO AN OPIOID OVERDOSE

Learn what to do before an emergency • Share with family and friends

STEP 1

LOOK FOR SIGNS OF OPIOID OVERDOSE

Signs of Overdose:

- Slow or shallow breathing
- Very sleepy and cannot talk
- Pale skin, bluish lips and/or fingertips
- Gurgling or deep snoring sounds
- Won't wake up or respond to you

If you see signs of overdose:

- Shout the person's name and rub your knuckles hard up and down the middle of their chest where the ribs meet (the breastbone).
- If no response, follow steps 2-5.

STEP 2

CALL 9-1-1

Say, "Someone is not breathing and cannot respond."
Give a clear address or tell the person where you are.

STEP 3

GIVE NALOXONE

Naloxone comes in different forms such as nasal spray and auto-injector. To use, do what your pharmacist says. Go to <https://opiorescue.com/rescue> and click on 'Step 4 - Administer Naloxone' to read and see pictures on how to use each form.

STEP 4

BEGIN RESCUE BREATHING (if you know the person)

Put person on their back • Make sure there is nothing in the mouth • Pinch the nose closed, put hand on chin, and tilt head back • Make a mouth-to-mouth seal and breathe 2 breaths (chest should rise) • Give 1 breath every 5 seconds

STEP 5

WAIT & EVALUATE

Stay with person until help comes • If little or no breathing, keep rescue breathing and give second dose of naloxone in 2-3 minutes • If breathing, place person on their side with top leg and arm crossed over body to prevent choking

How to Prevent Accidental Opioid Overdose

Take meds as instructed • Only take meds prescribed to you • Don't take street drugs or borrow meds from anyone • Don't stop taking or change dose of opioids without talking to your doctor • Don't mix opioids with alcohol, benzodiazepines (meds such as Xanax® or Ativan®), or meds that make you sleepy • Store meds in safe place • Safely get rid of meds you don't want or are not going to use • Don't sell or give away opioids