

RESPONDING TO AN OVERDOSE

- 1 CALL 911**
Say “My friend is unconscious and I can’t wake them up” or “My friend isn’t breathing.”
- 2 RESCUE BREATHING**
If they’re not breathing, make sure there is nothing in the mouth; tilt head back; lift chin; pinch nose; give a breath every 5 seconds; watch for their chest to rise with each breath.
- 3 STAY WITH THE PERSON**
Whether or not the person needs rescue breathing, stay until help arrives. Give naloxone (Narcan) if you have it.



**IF YOU NEED TO LEAVE, EVEN BRIEFLY:
PUT THEM IN THE RECOVERY POSITION SO THEY WON'T CHOKE.**

Signs of an Opioid Overdose

Deep Snoring,
turning blue (lips,
fingernails),
unresponsive,
no breathing or
slow breathing
(less than 1 breath
every 5 seconds)