

# 5 STEPS TO RESPOND TO AN OPIOID OVERDOSE



**1 STIMULATE:** Shake their shoulders. Shout their name.



**2 CALL 911** if unresponsive.



**3 RESCUE BREATHING:** Check their mouth and remove anything in it. Tilt their head back to open airway. Put breathing barrier over their mouth and pinch nose. Give 2 breaths.



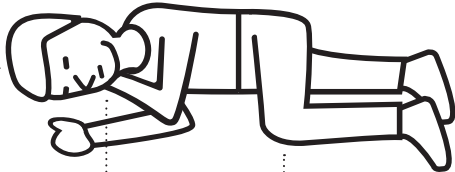
**4 GIVE NALOXONE:** Make sure they are lying on their back. Insert tip of nozzle into one nostril. Press the plunger firmly. Provide rescue breathing.



**5 IS IT WORKING?** If they are not awake after 3-5 minutes, administer second dose of naloxone. Continue with rescue breathing until EMS arrives. Stay with them.

**RECOVERY POSITION** If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

head should be tilted back slightly to open airway



hand supports head

knee stops body from rolling onto stomach

# ABOUT OPIOIDS

## OPIOIDS INCLUDE:

Fentanyl, Heroin, Morphine, Oxys, Hydromorphs, Dilaudid, Methadone, Percocet, Codeine

You may not know that you've taken opioids, as many street drugs, like cocaine, are laced with them.

**Naloxone only works for opioid overdose.**

## SIGNS OF OPIOID OVERDOSE

- Person can't be woken up
- Breathing is slow or has stopped
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny (pinned) or eyes are rolled back
- Body is limp

## OPIOID OVERDOSE PREVENTION

- Don't use alone
- Avoid mixing drugs, including alcohol
- It is hard to know how strong your drugs are – do a test dose each time you score
- If you're using after a period of cutting down or not using, start low and go slow