

HOW TO RESPOND TO AN OPIOID OVERDOSE



SIGNS OF AN OVERDOSE:

Unconscious or awake but unresponsive. Vomiting. Limp body. Pale or clammy face. Choking or snoring noise. Pulse and breathing are irregular, slow or stopped. Fingernails and lips turn blue/purple (light skin) or grey/ashen (darker skin).

CALL 911 OR GET MEDICAL HELP

It is crucial they get medical help. Many areas have laws protecting those reporting overdoses. If you don't want to call 911 keep them stable and get them to an emergency room

TRY TO WAKE THEM UP OR KEEP THEM AWAKE

Shake them and shout their name. Rub your knuckles into the center of their chest for 5-10 seconds or pinch the back of their arm. If awake try to keep their focus

SUPPORT THEIR BREATHING

Make sure the airway is clear. If they are not breathing tilt their head back, pinch their nose and give them two slow breaths. Their chest should rise. Give one breath every 5 seconds

ADMINISTER NALAXONE (NARCAN)

Follow NARCAN instructions. Monitor their response, breathing should return in 3-5 minutes. Support breathing until this. NARCAN will work for 30 to 90 minutes before overdose symptoms return

STAY WITH THEM

Put the person in the recovery position and keep them warm until help arrives. After NARCAN they may experience some withdrawal. **DO NOT GIVE ANY MORE OPIOIDS AFTER NARCAN.** They are still overdosing

DO NOT

- Leave them alone
- Slap or hit them awake
- Put them into a cold bath or shower - they can fall or drown
- Inject any other substance
- Force them to vomit - they may choke