HOW TO RESPOND TO AN OPIOID OVERDOSE

START
Check for 1 or more of these signs of an overdose:

- LIPS AND NAILS are blue or grey
- BREATHING IS STOPPED OR SLOWER THAN EVERY 5 SECONDS
- STRANGE SNORING SOUNDS or coughing, gurgling, or choking sounds
- CANNOT BE WOKEN UP after you call their name or nudge their foot

CALL 9-1-1 RIGHT AWAY!
Overdoses are emergencies and need medical care.

1. Tell them your location.
2. Explain how the person is not breathing and not responsive.
3. If you must leave at any point, roll the person on their side into the recovery position.

GIVING BREATH IS CRITICAL.
Give 1 breath every 5 seconds whether you have naloxone or not.

- If possible, have someone give breaths while you prepare the naloxone.
- Pinch nose, give 2 big breaths using face shield from kit or other barrier if needed.

WHEN THEY WAKE UP

1. Explain what happened because they may have forgotten overdosing.
2. Discourage more substance use for now. The sick feeling will go away when the naloxone wears off (30 – 75 minutes).
3. Wait for the ambulance and encourage the person to go to the hospital.
4. Stay calm, now is not a good time to get upset with the person who overdosed.

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