HOW TO RESPOND TO AN OVERDOSE

1) VERBAL STIMULATION
Try to wake the person up. Loudly say: “Hey, are you okay?”

2) PHYSICAL STIMULATION
Rub your knuckles up & down on the center of the chest bone to stimulate pain

3) ADMINISTER NALOXONE
- Insert nozzle into nostril
- Press plunger firmly
- Administer a second dose after 2-mins
- Immediately go to steps 4 & 5

4) CALL 911 TO GET HELP
Give the dispatcher your location and tell them someone is not responding or breathing

5) RESCUE BREATHING
- Pinch nose & tilt head back
- Provide 2 breaths to start
- Then 1 breath every 5 seconds
- The person's chest should rise & fall
- Continue this step until they start breathing
RECOGNIZING SIGNS OF AN OVERDOSE

- Not responding & won't wake up
- Shallow breathing or not breathing
- Blue or gray skin, lips, or fingernails

WHAT TO DO AFTER SOMEONE AWAKENS FROM AN OVERDOSE

- Stay with the person until paramedics arrive.
- Kindly inform them that they overdosed. "You were not breathing & I had to give you Narcan."

LEARN ABOUT OVERDOSE PREVENTION RESOURCES
sf.gov/information/overdose-prevention-resources