

HOW TO RESPOND TO AN OVERDOSE

IF YOU DO NOT HAVE NALOXONE, CALL 911 IMMEDIATELY

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



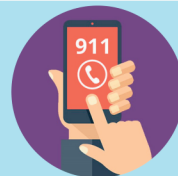
3) ADMINISTER NALOXONE

- 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





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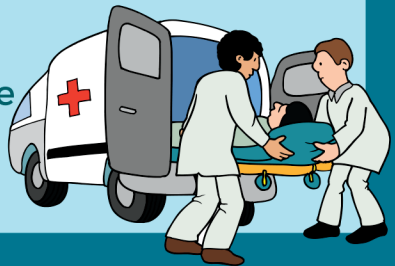
RECOGNIZING SIGNS OF AN OVERDOSE

- 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."



San Francisco
Department of
Public Health

LEARN ABOUT OVERDOSE PREVENTION RESOURCES

sf.gov/information/overdose-prevention-resources

