

HOW TO RESPOND WHEN YOU SUSPECT A PERSON OVERDOSED

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
- Start rescue breaths & wait 2 mins before giving 2nd dose in other nostril



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



HOW TO RESPOND TO AN OVERDOSE

FLIP!



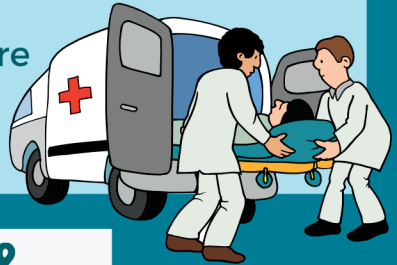
RECOGNIZING SIGNS OF AN OVERDOSE

- 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."



NALOXONE & NARCAN ARE THE SAME THING