

RESPONDING TO AN OVERDOSE

Know how to keep yourself
and your loved ones safe.

-- Ask your pharmacist about how to safely dispose of medications and sharps. --

1 IDENTIFY OVERDOSE

Try to wake the overdose victim by yelling their name or rubbing your knuckles in the middle of their chest.

2 CALL 9-1-1

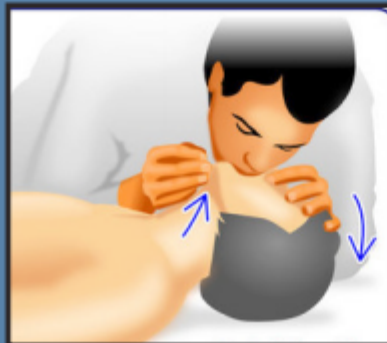
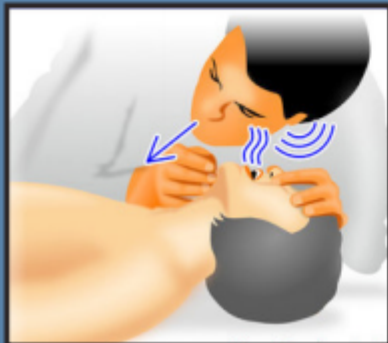
Indicate if the overdose victim has stopped or slowed breathing.

3 OPEN AIRWAY AND GIVE RESCUE BREATHS

If the overdose victim is not breathing, open the airway. Remove any object from the victim's mouth.

If breathing has stopped or slowed, start rescue breathing: tilt head back, lift chin, pinch nose with other hand, give one breath every five seconds. Continue this for 30 seconds.

If the overdose victim is still not breathing on own, give naloxone.



4 GIVE NALOXONE

See reverse side for how to give naloxone. After giving naloxone, continue rescue breaths. If there is still no response after 2-3 minutes, give naloxone again. **More than one dose is sometimes needed.**

5 RECOVERY POSITION

Once the overdose victim is breathing again, put the person on their side with the top leg and arm crossed over the body to prevent choking (see below).



6 STAY UNTIL HELP ARRIVES

Stay with the overdose victim until emergency responders arrive.