

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

OR



BREATHING IS STOPPED OR SLOWER THAN EVERY 5 SECONDS

OR



STRANGE SNORING SOUNDS
or coughing, gurgling, or choking sounds

OR

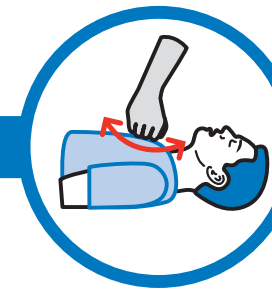


CANNOT BE WOKEN UP
after you call their name or nudge their foot

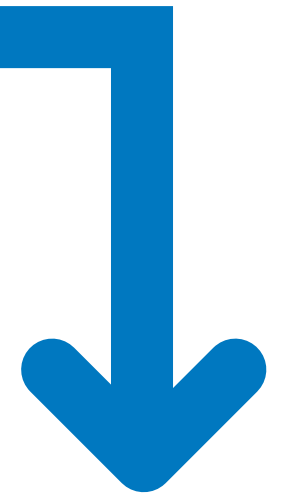
CALL 9-1-1 RIGHT AWAY!

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.



RUB YOUR KNUCKLES HARD AGAINST THEIR UPPER CHEST to wake the person up. Call their name. Still unresponsive? If you haven't already, **CALL 9-1-1 NOW.**

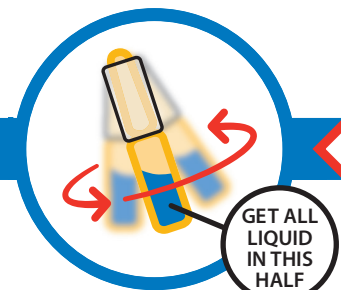


GIVE A BREATH



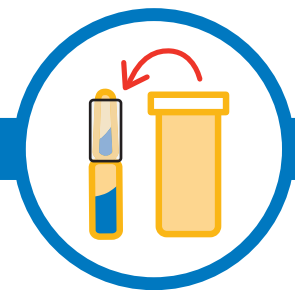
SNAP OFF THE TOP OF THE AMPOULE
It will break in two pieces with little pressure.

GIVE A BREATH



SWIRL AMPOULE IN CIRCLES TO GET ALL LIQUID TO BOTTOM

GIVE A BREATH



TAKE 1 AMPOULE OUT FROM THE MEDICINE BOTTLE

GIVE A BREATH

Giving breath is critical.

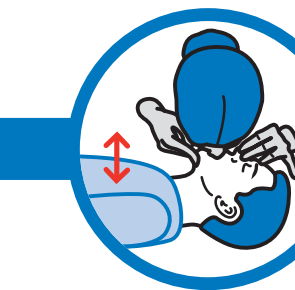
Give 1 breath every 5 seconds whether you have naloxone or not.

If possible, have someone give breaths while you prepare the naloxone.



PERSON STILL UNRESPONSIVE? CONTINUE TO NEXT STEP

Person breathing normally? Stop here.



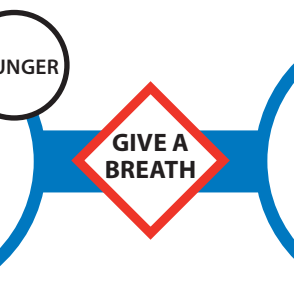
PINCH NOSE, GIVE 2 BIG BREATHS USING FACE SHIELD FROM KIT OR OTHER BARRIER IF NEEDED

Check to make sure the chest rises when you give air.



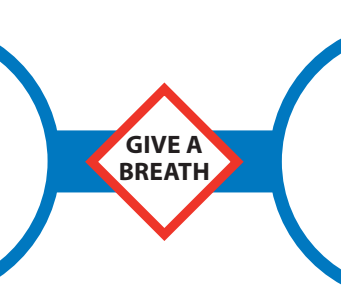
TILT HEAD BACK, CHECK AIRWAY
Remove anything blocking the mouth's airway.

GIVE A BREATH



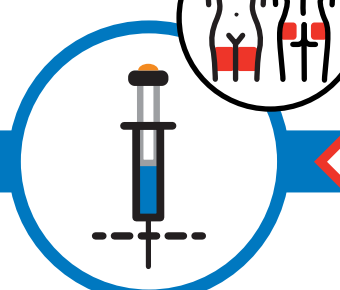
UNWRAP SYRINGE, PUT NEEDLE IN LIQUID, PULL UP PLUNGER
Try to draw up **all** of the ampoule's liquid into the syringe.

GIVE A BREATH



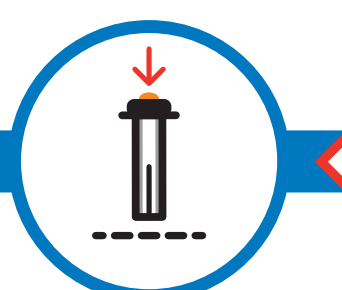
PUSH AIR OUT OF SYRINGE
Turn the needle facing tip-up, gently push the plunger **until most of the air is pushed out.**

GIVE A BREATH



FIRMLY PUSH NEEDLE IN THIGH, BUTT, OR UPPER ARM MUSCLE
Needle can go through clothes. Never put it in the heart.

GIVE A BREATH



PUSH PLUNGER DOWN HARD
It will click and needle will retract.

GIVE A BREATH



PERSON STILL UNRESPONSIVE AFTER 3 - 5 MINUTES? GIVE ANOTHER INJECTION
Continue to give 1 breath every 5 seconds.

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.