What Should I Do If I SEE an OPIOID Overdose?

1. Get their attention

- Give them a shake and yell “Hey, are you okay?”
- RUB your knuckles up and down their breast bone

2. CALL 911 – tell the dispatcher your location and the person’s symptoms.

3. Perform Rescue Breathing

- Make sure the airway is clear and nothing is in their mouth
- Tilt head back, lift chin, pinch nose
- Give 1 breath every 5 seconds
- If no pulse, start chest compressions.

4. Administer naloxone (Narcan®) if you have it.

After giving naloxone, STAY with the person until medical assistance arrives.

5. Place in Recovery Position –

If you have to leave the person alone, lay them on their left side to prevent them from choking if they vomit.

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How Do I Recognize the SIGNS of an OPIOID Overdose?

If you notice one or more of the following:

- Breathing: slow, shallow, or stopped
- Blue lips and fingertips
- Gray, clammy skin/vomiting
- Loud snoring or gurgling noises (“death rattle”)
- Person unresponsive
- Slow pulse/No pulse

Know the signs, know what to do - TAKE ACT!ON

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