DO YOU KNOW WHAT TO DO FOR AN OPIOID OVERDOSE?

TAKE ACT!ON

KNOW THE SIGNS

- BREATHING: SLOW, SHALLOW OR STOPPED
- BLUE LIPS & FINGERTIPS
- GRAY, CLAMMY SKIN/VOMITING
- LOUD SNORING OR GURGLING NOISE ("DEATH RATTLE")
- PERSON IS UNRESPONSIVE
- SLOW PULSE/NO PULSE

WHAT TO DO

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 NOTHING IS IN THEIR MOUTH
- TILT HEAD BACK, LIFT CHIN, PINCH NOSE
- GIVE ONE BREATH EVERY FIVE SECONDS
- IF NO PULSE, GIVE 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.

CALL 211 FOR INFORMATION ABOUT TREATMENT OPTIONS

BE A SAVE A LIFE HERO

MARYLAND
Martin O'Malley, *Governor*
Anthony G. Brown, *Lt. Governor*
Joshua M. Sharfstein, M.D., *Secretary, DHMH*

Substance Use Disorders in Maryland
adaa.dhmh.maryland.gov