

DON'T RUN-CALL 911

HOW TO USE NALOXONE

1



Are they breathing?

Signs of an overdose:

- Slow or shallow breathing
- Gaspings for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)

2



Call 911 for help

All you have to say:

"Someone is unresponsive and not breathing."

Give clear address and location.

3



Airway

Make sure nothing is inside the person's mouth.

4



Rescue breathing

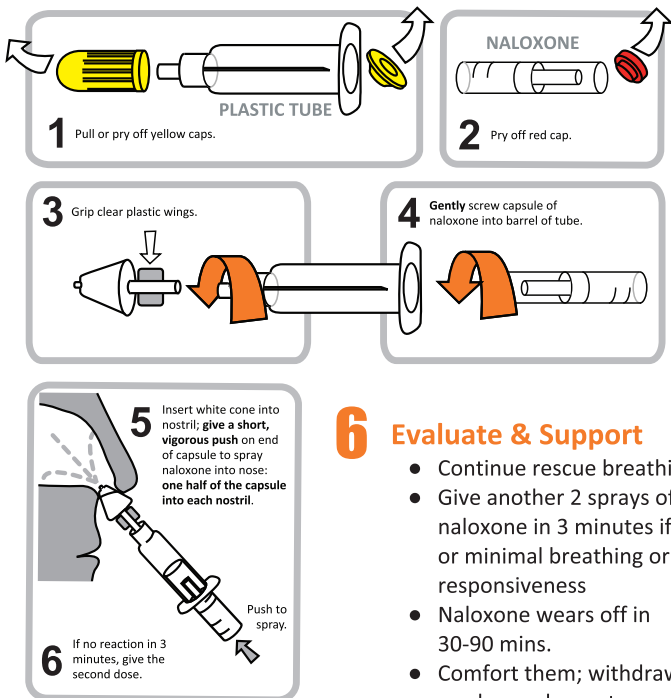
Oxygen saves lives. Breathe for them.

- One hand on chin, tilt head back, pinch nose closed
- Make seal over mouth, breathe into mouth
- 1 breath every 5 seconds
- Chest should rise, not stomach

Continued on reverse

5 Prepare Naloxone

Are they any better? Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?



Source: HarmReduction.org

6 Evaluate & Support

- Continue rescue breathing
- Give another 2 sprays of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 mins.
- Comfort them; withdrawal can be unpleasant
- **Get them medical care** and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem

