Identifying an Opioid Overdose

- Won't wake up, even if you shake him/her or say his/her name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin gets pale, clammy
- Small, constricted pupils
- Choking or gurgling sounds

In Case of Overdose

1. **Sternum rub**
   If the victim isn't breathing, is blue in the face or non-responsive, move your knuckles up and down the chest over the sternum with a lot of pressure.

2. **Call 911 and give naloxone**
   If there is no reaction in three minutes, give a second naloxone dose.

3. **Do rescue breathing or chest compressions**
   Follow 911 dispatcher instructions.

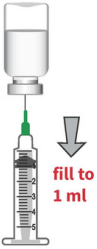
4. **Recovery position**
   If you need to leave the victim, place him/her on his/her side (recovery position) to prevent the person from choking on his/her vomit.

5. **After naloxone**
   Stay with the person for at least three hours or until help arrives. The person receiving naloxone must receive medical treatment. Report naloxone use.

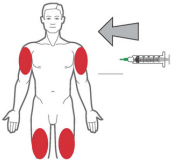
How to Give Naloxone

Injectable

1. Remove cap from naloxone vial and uncover the needle.



2. Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



3. Inject 1 ml of naloxone into an upper arm or thigh muscle.
4. If there is no reaction after three minutes, give a second dose.

Intranasal

1. Peel back the package to remove the device.
2. Place the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

3. Press the plunger firmly to release the dose into the patient's nose.
4. If there is no reaction after three minutes, give an additional dose using a new device in the other nostril.

Find more resources on behavioral health and opioids on the Mountain-Pacific Quality Health website: https://bit.ly/3oEM3ZW.