

How to Recognize an Overdose

Common signs to look out for

Slow breathing

A person may have very slow, shallow breaths, make gurgling noises, or stop breathing.



Trouble waking up

A person may be awake but unable to talk, or may not respond when you try to wake them up.



Changes to skin tone

A person's skin tone can turn grayish or ashen to bluish purple.



**What to
do next?**

**Call 911, give naloxone, and begin
rescue breathing if the person
doesn't respond.**

How to Respond to an Overdose

Try to wake them up

Call their name and rub the middle of their chest with a closed fist.



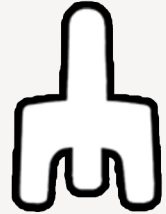
Call 911

The Good Samaritan Law protects you from arrest for possession of drugs.



Give naloxone

Follow the directions for nasal or intramuscular naloxone kits.



Start rescue breathing

Make sure their mouth is not blocked, pinch their nose, and breathe into their mouth every 5 seconds.



Recovery position

If you can't stay to wait for help, put the person on their side supported by a bent knee.

