

How to prevent an **OVERDOSE.**

- **Start at a lower dose or do a test shot** if you haven't used in a while (because in hospital, jail, or detox). Your body is not used to the same amount as before.
- **Don't use alone** (no one can help you).
- **Don't mix drugs** like benzos, alcohol and opioids* like heroin.
- **Talk with friends and family** about responding to an overdose.

***Opioids include:** Heroin, methadone, and pain pills (prescribed to you or not).

Is someone having an **OVERDOSE**?

If a person has **any** of these signs **and can't respond to you**, they are having an overdose. An overdose usually happens 1 to 3 hours after a person has used.

First, look for these things:

- **Heavy nodding**
- **No response when you yell person's name or rub the middle of the chest hard**
- **Blue lips or blue fingertips**
- **Slow breathing (less than 1 breath every 5 seconds) or no breathing**
- **Very limp body and very pale face**
- **Choking sounds or a gurgling, snoring noise**

What to do for an overdose:

1. Try to wake person up by yelling their name and rubbing the middle of the chest hard.
2. Call 911 right away. Give the address and say your friend is not breathing.
3. Try rescue breathing (see below).
4. Use Narcan if you or someone else has it, may need more than one dose (see back of card).
5. Put the person on their side so they don't choke.
6. Stay until the ambulance arrives (this is best), or leave the door open.



RESCUE BREATHING

1

Make sure nothing is in person's mouth.

2

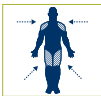
Tilt their head back, lift chin, pinch nose shut.

3

Give 1 slow breath every 5 seconds until they start breathing.

Naloxone/Narcan works for **OPIOIDS** only.

Intramuscular administration:

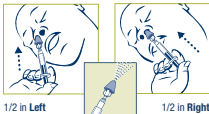


Inject 1cc/mL in large muscle.

Intranasal administration:



Screw parts together.
Use one full vial. Spray
half in each nostril.



**Overdose help
and resources:**

**Poison Control
1-800-222-1222**