

How to identify and reverse an overdose

1 IDENTIFY THE OVERDOSE

Look for signs like slow, shallow, or stopped breathing, blue lips and fingertips, pale and clammy skin, a loud snoring or gurgling noise, a slow pulse or no pulse, and vomiting.

2 GET THE PERSON'S ATTENTION

Gently shake them and yell, "Hey, are you OK?" Rub your knuckles up and down their breastbone.

3 CALL 911

Be sure to tell the dispatcher your location and the symptoms. Stay on the line until the ambulance arrives. You will NOT get in trouble for calling 911 for an overdose.

4 GIVE NALOXONE

Place the tip of the Naloxone dispenser in the person's nose while holding it between your index and middle fingers. Push the plunger to release the dose.

5 SET A TIMER

Naloxone acts in two to five minutes, so keep track of time before it kicks in. If you don't notice an improvement in their responsiveness or breathing administer the other dose in the opposite nostril. If they don't respond proceed to step 6.

6 PERFORM RESCUE BREATHING

Help keep the person breathing. Make sure nothing is in their mouth, then tilt their head back. Place a handkerchief or thin, breathable cloth on their face. Pinch their nose and give one breath every five seconds. If you don't have anything to use as a barrier, perform rescue breathing directly.

7 TAKE A STEP BACK

When the person comes to, tell them they overdosed; if they argue with you, don't argue with them. Let law enforcement officers handle the rest. And if you have to leave before emergency services, place the person on their side with their hands under their head to keep them from choking.