

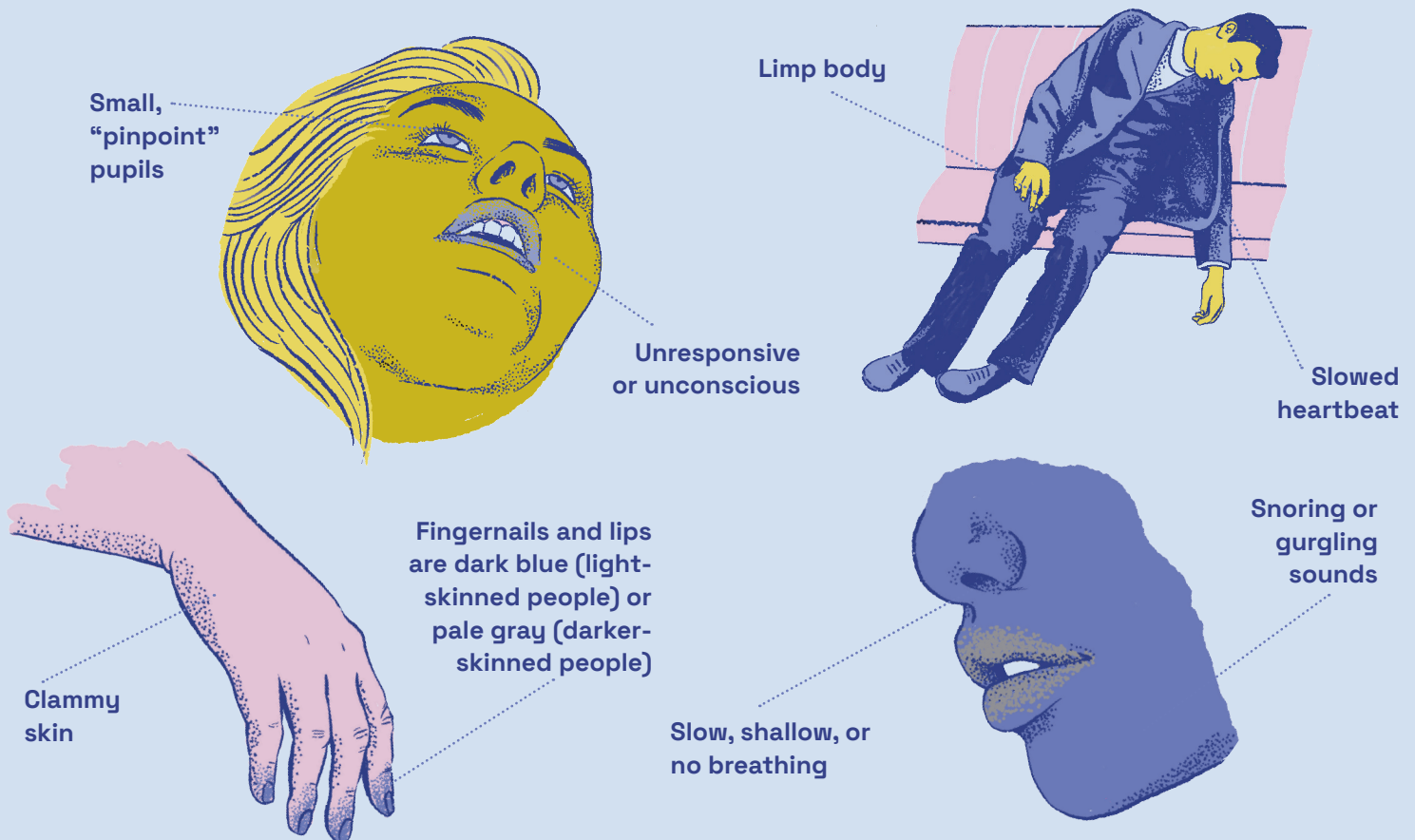
# OVERDOSING

## WHAT HAPPENS WHEN SOMEONE OVERDOSES?

When someone overdoses on opioids, they go into respiratory depression. This means their natural drive to breathe fades and their heart and brain can't get enough oxygen.

Naloxone blocks opioids' effects on the brain. Within minutes of having naloxone administered, people in respiratory depression start to breathe normally.

## HOW TO IDENTIFY AN OVERDOSE



## HOW TO CHECK RESPONSIVENESS

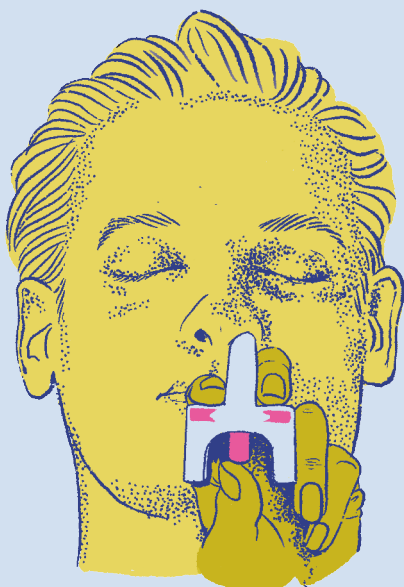
**1 TRY TO WAKE THEM**  
Rouse the victim by shouting their name or yelling at them to wake up.

**2 STERNAL RUB**  
Grind your knuckles up and down their breastbone.

**IF THEY DON'T RESPOND, ACT IMMEDIATELY.**

# WHAT TO DO

## WHEN SOMEONE IS OVERDOSING



### 1 ADMINISTER NALOXONE

Remove naloxone (AKA Narcan or RiVive) nasal spray from packaging. Don't test the device; there's only enough for one dose.

- 1 Hold the device with your thumb on the plunger and middle fingers on the sides.
- 2 Gently tilt the victim's head back, supporting their neck.
- 3 Insert the nozzle into either nostril.  
Press the plunger firmly to administer a full dose.

If the victim doesn't respond within 3 minutes, an additional dose of naloxone may be given every 3 minutes, alternating nostrils, until responsive.

### 2 CALL 911

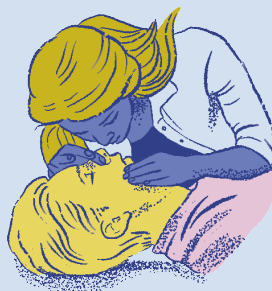
Report if the victim's breathing has slowed or stopped. Naloxone may wear off before opioids do, meaning victims can overdose again. Follow-up medical care is critical.

### 3 PERFORM RESCUE BREATHS

If the victim is not breathing, perform rescue breaths.



- 1 Lay the victim on their back and pinch their nose closed. Tilt their chin up with two fingers to open the airway.



- 2 Take a 4-second inhale for yourself, then exhale into their mouth in a quick, 1-second puff (like blowing out birthday candles). Repeat until help arrives.

### 4 PLACE VICTIM IN THE RECOVERY POSITION

If the victim is breathing, place them in the recovery position. Lay them on their side, bending their front knee and supporting their head with their hands and arms. When someone is overdosing, they can choke on their own vomit and die. If you need to leave the victim, even briefly, put them in this position.

