

### How to Avoid Overdose

- Only take medicine prescribed to you
- Don't take more than instructed

- Call a doctor if your pain gets worse
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain meds

- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone

- Teach your family + friends how to respond to an overdose



## Are they breathing? → Call 911 for help

Signs of an overdose:

- Slow or shallow breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)

All you have to say:

"Someone is unresponsive and not breathing."

Give clear address and location.



## Airway →

Make sure nothing is inside the person's mouth.

## Rescue breathing

Oxygen saves lives. Breathe for them.

One hand on chin, tilt head back, pinch nose closed.

Make a seal over mouth & breathe in

1 breath every 5 seconds

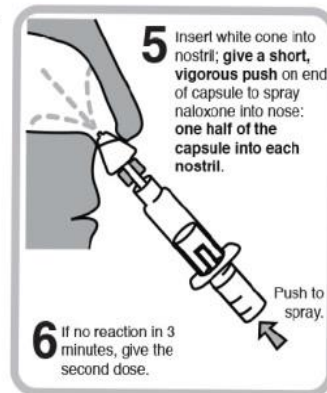
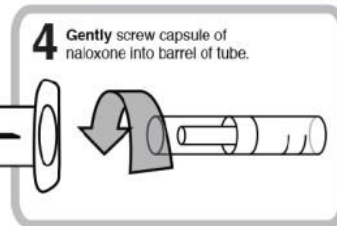
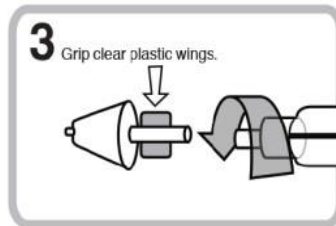
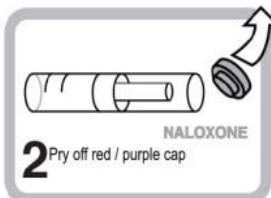
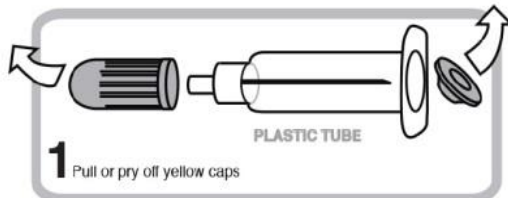
Chest should rise, not stomach



## Prepare Naloxone

Are they any better? Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?

[PrescribeToPrevent.org](http://PrescribeToPrevent.org)



Source: HarmReduction.org

## Evaluate + support

- Continue rescue breathing
- Give another 2 sprays of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes
- Comfort them; withdrawal can be unpleasant
- Get them medical care and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem

