



SIGNS OF AN OVERDOSE

THE FOLLOWING ARE SIGNS OF AN OVERDOSE:

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake but unable to talk
- Breathing is very slow and shallow, erratic or has stopped
- For lighter-skinned people, the skin tone turns bluish-purple.
- For darker-skinned people, it turns grayish or ashen.
- Choking sounds or a snore-like gurgling noise (sometimes called the 'death rattle')
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish-black
- Pulse (heartbeat) is slow, erratic or not there at all

WHAT TO DO IN THE EVENT OF AN OVERDOSE

STEP 1. Stimulate them awake by yelling their name and administering a hard sternum rub to the chest plate.

STEP 2. Call 911, explain someone is not responsive and not breathing. They will talk you through the steps.

STEP 3. Provide rescue breathing. Get them on their back, tip their head back to straighten the airway, pinch their nose, put your mouth over theirs and form a seal. Give one breath every five seconds.

STEP 4. If you have naloxone/narcan, use it. Administer one dose every two minutes:

- Injectable: Draw up the entire vial and inject into thigh muscle (this can be through clothes).
- Nasal: Stick the device all the way up one nostril and click the plunger, make sure the device is inserted fully (medication will absorb through the sinuses).

STEP 5. When they start to breathe regularly on their own, roll them into a recovery position on their side.

STEP 6. Be gentle with them and yourself afterwards! This is also not the time to talk with your young person about their substance use or the overdose. Overdose is a serious medical emergency, and the priority is medical treatment.