

# What Does an Overdose Look Like?

- **No breathing or slow breathing?**
- **Lips & fingertips blue or gray?**
- **Is the person turning blue?**
- **Can't talk or walk? Unresponsive?**
- **Slow or no pulse? Eyes rolled back?**

# What should you do?

- **DON'T LEAVE THEM ALONE TO SLEEP IT OFF.**
- **TRY TO WAKE THEM.** Shake them. Call their name.

IF THEY DON'T RESPOND **CALL 911**



- **BREATHE FOR THEM (rescue breathing)**

Tilt their head back, pinch their nose, give two quick breaths then one breath every 5 seconds.

- **GIVE THEM NALOXONE (NARCAN)** if they have it.

Uncap bottle and pull 1cc into syringe.  
Inject into UPPER ARM or THIGH.

NASAL NALOXONE: Spray in each nostril.

- **CONTINUE RESCUE BREATHING** until help arrives or they start breathing on their own.



## How to Prevent Drug Overdose:

- If you take drugs or pain medications, try to be with other people who can help you if something goes wrong.
- If you have been drug free for a while, and then take drugs or pain medicine, you are more likely to overdose. Take less than you are used to.
- You are more likely to overdose if you take opioids with alcohol or benzos (Xanax, Klonopin, Ativan, Valium), cocaine or other drugs or medications.

## Prevention Point Pittsburgh

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