

What Should I Do If I SEE an OPIOID Overdose?

1. Get their attention

- Give them a shake and yell “Hey, are you okay?”
- RUB your knuckles up and down their breast bone

2. CALL 911 – tell the dispatcher your location and the person’s symptoms.

3. Perform Rescue Breathing

- Make sure the airway is clear and nothing is in their mouth
- Tilt head back, lift chin, pinch nose
- Give 1 breath every 5 seconds
- If no pulse, start chest compressions.



4. Administer naloxone (Narcan®) if you have it. After giving naloxone, STAY with the person until medical assistance arrives.



5. Place in Recovery Position – If you have to leave the person alone, lay them on their left side to prevent them from choking if they vomit.

<http://adaa.dhmh.maryland.gov/NALOXONE/SitePages/Home.aspx>

