

CALL 211

IF YOU SUSPECT A LOVED ONE,
A FRIEND, A CO-WORKER, OR YOU
MAY BE STRUGGLING WITH AN ADDICTION,

GET CONNECTED, GET ANSWERS

YOU ARE NOT ALONE

CALL 211 FOR INFORMATION
ABOUT TREATMENT OPTIONS

BECAUSE

TREATMENT WORKS!

KNOW THE SIGNS!

BREATHING: SLOW,
SHALLOW OR STOPPED

BLUE LIPS & FINGERTIPS

PALE, GRAY, CLAMMY SKIN

LOUD SNORING OR GURGLING NOISE
("DEATH RATTLE")

PERSON IS UNRESPONSIVE

SLOW PULSE/NO PULSE

VOMITING

TAKE ACTION

1. GET THEIR ATTENTION



Shake the person and yell, "Hey, are you OK?"
Rub your knuckles up and down their breast bone.

2. CALL 911



Tell the dispatcher your location and the
person's symptoms. Stay on the line until
the ambulance arrives.

3. RESCUE BREATHING



Make sure nothing is in their mouth.
Tilt the head back. Lift chin.
Pinch nose. Give 1 breath every
5 seconds.

If no pulse, start chest compressions.

4. GIVE NALOXONE



Give Naloxone as trained either as a shot
or nasal spray.

5. PLACE IN RECOVERY POSITION



If you have to leave the person alone, put
them on their side and place their hands
under the head. This will prevent them from
choking on vomit.