

How to Respond

OPIOID

OVERDOSE



LOOK OUT FOR THE ABC'S

Awareness, Breathing, & Color.

If someone is unresponsive, stopped breathing, and turning blue or fading in complexion - they may be overdosing and it's time to act fast.

WAKE THEM UP - AWARENESS

Talk loudly, shout, give a "chest noogie" by pressing & rubbing your knuckles on their sternum to get them to respond. If they are unresponsive - **call 911**.

HELP THEM BREATHE

Use NARCAN if available. Use "rescue breaths" by laying them down flat, tilt chin up, squeeze their nose and breath 1 breath every 5 seconds into their mouth until help arrives or they begin breathing on their own.

PREVENT CHOKING

If they begin breathing on their own, place them in the "recovery position" by laying them on their side with their arm under their head for support and bend their "top" leg out in front of them to prevent them from choking on vomit if left on their stomach or back.

For more information on harm reduction, visit harmreduction.org



esaalliance.org/crisis