

First Steps

1. Call 911

Give them all the details you know and your exact location. Stay on the line. The dispatcher will guide you.

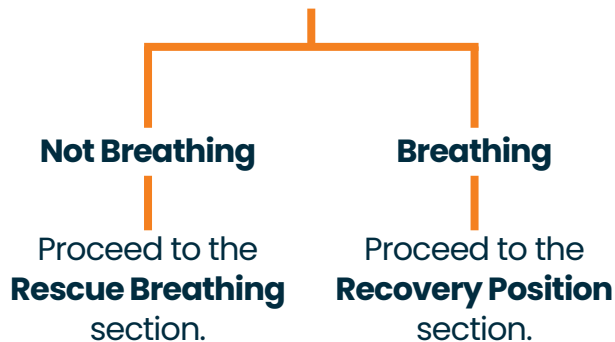
Most US states have Good Samaritan laws that protect you from drug-related charges when you call 911 during an overdose.

2. Give naloxone (Narcan)

One dose. Wait 2 to 3 minutes. No response? Give another. Repeat every 2 to 3 minutes until they breathe or help arrives. Fentanyl can take several doses.

If you don't know what they took, give it anyway. Naloxone only works on opioids and does no harm if they're not overdosing on one.

3. Check their breathing



After They Wake Up

Don't leave. Naloxone wears off in 30 to 90 minutes, faster than many opioids. The overdose can come back even after they seem fine.

They still need the hospital. Even if they wake up and say they feel okay. Only medical professionals can confirm the danger has passed.

Expect agitation. Naloxone can trigger sudden withdrawal. They may feel sick, confused, or upset. Stay calm. Explain what happened.

An overdose is often a sign it's time to reach out for help. Treatment works. Recovery is possible.

24/7 HELPLINE

1-800-304-2219

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Scan for full guide
or visit

<https://www.addicted.org/articles/addiction/what-to-do-during-an-overdose/>

Overdose First Aid Guide



Recognizing an overdose

- **Won't wake up.** Doesn't respond to their name, a hard knuckle rub on the chest, or a knuckle rub on the upper lip
- **Slow, shallow, or stopped breathing.** Gurgling, choking, or snoring sounds
- **Blue or purple lips and fingernails.** In darker skin: pale, grayish, or ashen tone
- **Pinpoint pupils** that don't respond to light

If they respond when you try to wake them, keep them awake and watch their breathing. If they don't respond, act immediately. The rest of this pamphlet shows what to do.

Not sure if it's an overdose? Treat it as one. The steps in this pamphlet won't hurt someone who isn't overdosing.

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Rescue Breathing

1. Check the mouth and throat for anything blocking the airway.
2. Tilt their head back with one hand on their chin.

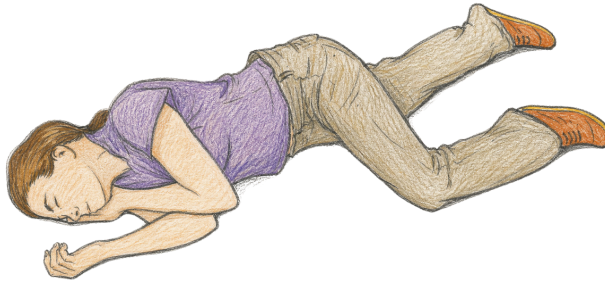


3. Pinch the nose closed. Seal your mouth over theirs. Give two slow breaths.



4. Watch for the chest to rise, not the stomach.
5. Continue: one breath every 6 seconds.

Recovery Position



Rolling them onto their side keeps the airway clear if they vomit, and makes it easier to keep breathing while unconscious. From flat on their back, do the following steps.

1. Lift the arm closest to you into an L-shape, hand near their head (like waving).
2. Take their far hand and bring it across to rest on the cheek closest to you.



Recovery Position

3. Bend the far leg up at the knee, upside-down V.
4. Pull that knee toward you. The lower body rolls over. Rest the knee on the ground.



5. Angle the face slightly downward. Extend the neck, chin away from the chest, so the airway stays open.

