

OVERDOSE: RECOGNIZE AND RESPOND

WARNING SIGNS

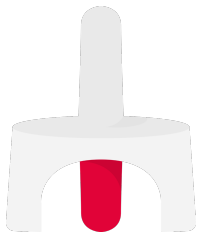
- Dizziness
- Slow or shallow breathing
- Choking/gurgling sounds
- Pinpointed pupils

SIGNS OF OVERDOSE

- Not breathing
- Unconsciousness or inability to awaken
- Blue or gray lips/skin/nails
- Spasms and rigid muscle
- Seizure-like movements

WHAT TO DO

1. Call **911** as quickly as possible.
2. Administer **naloxone**.
3. If **breathing after first dose**: Lay the person on their **side** in a **recovery position** to prevent choking.
4. If **not breathing after first dose**: Give **rescue breaths**, if able. Tilt head back, pinch nostrils closed, and give **1 breath every 5 seconds**.
5. Stay with the person and continue rescue breaths (as needed) until emergency assistance arrives.



WHEN TO GIVE A SECOND DOSE OF NALOXONE

- If the person does not start breathing in 2-3 minutes, give a second dose of naloxone.
- The goal is to get the person breathing on their own even if they do not wake up.

MORE INFORMATION ON NALOXONE



Naloxone is a life-saving medication that can reverse an **opioid overdose**. It is safe and easy to use.

GET HELP NOW



24/7 help is available for anyone who is battling substance use disorder.

CALL 1-800-662-HELP (4357)

OR

TEXT 717-216-0905



Pennsylvania
Department of Drug and
Alcohol Programs



Pennsylvania
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