## You can save a life from a drug overdose.

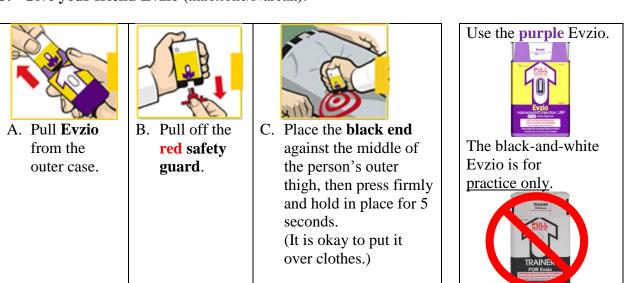
**Signs** that a person may be **overdosing** on an opioid, like heroin, methadone, or Oxy:

- Little or no breathing
- Loud snoring or gurgling noises

- Blue or gray nails, fingers, or lips
- Passed out and does not respond

## **Follow these steps** to help **wake up a friend** from an overdose:

- 1. Try to get them to talk to you. Rub your knuckles up and down on your friend's breastbone.
- 2. Call 9-1-1. Say that someone is not breathing or did not respond when you tried to wake them.
- 3. Give your friend Evzio (naloxone/Narcan):



- **4.** Give a  $2^{nd}$  dose if no response after 3 minutes.
- 5. Take care of your friend:
  - Lay your friend on their back and lift their chin. If you see something in their mouth, take it out
  - **Give mouth-to-mouth breaths** every 5 seconds until the person starts to breathe normally.
  - Place your friend on their side if they wake up or if you must leave. This helps stop choking.
  - Warn your friend that overdose could happen again after 30 minutes, because naloxone only works for a short time.
  - Someone may feel dope sick for a short time after getting naloxone, but it is very safe.
- **6.** Call the Poison Center to report that you used naloxone: 1-888-222-1222.

## Overdose happens most when:

- Someone has left jail, prison, rehab, detox, or the hospital in the past few weeks.
- Different drugs or alcohol are used at the same time.
- Shooting up or smoking alone.



Call 443-615-7792 if you need more naloxone. We will give you a new, free kit.

For help accessing substance use disorder treatment call the Crisis Information and Referral Line: 410-433-5175