

## 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 a friend up** from an overdose:

1. Try to **get them to talk** to you. Rub your knuckles up and down on your friend's breast bone.
2. **Call 9-1-1.** Say that someone is not breathing or did not respond when you tried to wake them.
3. **Lay your friend on their back** and **lift their chin.** If you see something in their mouth, take it out.
4. **Get Narcan (naloxone) ready** by following these steps:



5. **Spray Narcan** (naloxone) into the unconscious person's nose.

- Spray 1/2 of the vial up each nostril. All the liquid in the vial should go

up the person's nose.

- Give a 2nd dose if no response after about 3 minutes.

6. **Take care of them:**

- **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 Narcan, but it is very safe.

7. **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 Narcan.** 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**