

Be ready to respond to an opioid overdose

1. Recognize signs of opioid overdose:

Unresponsiveness; slow, shallow or difficulty breathing; pinpoint pupils; blue/gray lips and skin; cold or clammy skin; blue nail beds; seizures

2. Respond with first aid:

1. Call 911
2. Get naloxone and an AED if available
3. If the victim is not breathing, provide CPR
4. Administer naloxone according to the package instructions
5. After 2-3 minutes, give another dose of naloxone if the victim is still unresponsive and keep monitoring the person's breathing
6. Talk calmly to the victim until help arrives

3. Be a recovery advocate:

- Overdoses impact everyone – get support through your employee assistance program, health care provider, peer support specialist and/or talking with family, friends and coworkers
- Encourage people in recovery – use non-stigmatizing language and provide non-judgmental support
- Carry naloxone with you at home, work and in your car – encourage others to as well

You are not alone. For treatment and support, call the national helpline:
1 (800) 662-Help (4357)

Learn more about being prepared for an opioid overdose:
nsc.org/respondready

Learn more about talking with loved ones about opioids:
nsc.org/connect2prevent