

An Overdose is a Medical Emergency

Signs of an Opioid Overdose:

Deep snoring, turning blue (lips, fingernails), unresponsive, no breathing or slow breathing (less than 1 breath every 5 seconds)

Responding to an Overdose:

1 Call 911

Give the address and location, say "My friend/child is unconscious and I can't wake him/her up." or "My friend/child isn't breathing."

2 Rescue Breathing

If the person is not breathing, make sure there is nothing in the mouth; tilt head back; lift chin; pinch nose; give a breath every 5 seconds, and watch for their chest to rise with every breath.

3 Stay with the Person

Whether or not the person needs rescue breathing, stay (if you can) until help arrives.

If you need to leave, even briefly: put the person in the **Recovery Position** so she or he won't choke if s/he vomits.

Rescue Breathing



The Recovery Position



Resources

MA Substance Abuse Information and Education Helpline:

1-800-327-5050; www.helpline-online.com

Prevention and Treatment Services ■ Naloxone information ■ Parent Support ■ Other information

Boston Needle Exchange Overdose Info Line

1-800-383-2437



Developed by: SPHERE, a program of Health Care of Southeastern Massachusetts, Inc. www.hcsm.org/sphere

To order this magnet and other informational materials, go to: **MA Health Promotion Clearinghouse www.maclearinghouse.com**