

STEPS TO RESPOND TO AN OPIOID OVERDOSE

Learn what to do before an emergency • Share with family and friends

STEP 1 LOOK FOR SIGNS OF AN OPIOID OVERDOSE

Signs of an Overdose:

- Slow or shallow breathing
- Very sleepy and cannot talk
- Pale skin, bluish lips and/or fingertips
- Gurgling or deep snoring sounds
- Won't wake up or respond to you

If you see signs of an overdose:

Shout the person's name and rub your knuckles hard up and down the middle of their chest between where the ribs meet (the breastbone).

If no response, follow steps 2-5.

STEP 2 CALL 9-1-1

Tell the 9-1-1 operator, "Someone is not breathing and cannot respond."

Give a specific address or tell the operator where you are.

STEP 3 GIVE NALOXONE¹

Naloxone comes in different forms such as nasal spray and auto-injector. To use, do what your pharmacist says. Go to <https://opiorescue.com/rescue> and click on 'Step 3 – Administer Naloxone' to read and see pictures on how to use each form.

STEP 4 BEGIN HANDS ONLY CPR²

Place heel of one hand over middle of person's chest where the ribs meet (the breastbone) and place other hand on top of first hand • Keep elbows straight and shoulders directly above hands • Push straight down (at least 2 inches) hard and fast to the beat of the Bee Gee's song "Stayin' Alive" or "Crazy in Love" by Beyonce.

STEP 5 WAIT & EVALUATE

Stay with the person until help comes • If little or no breathing, continue hands only CPR and give second dose of naloxone in 2-3 minutes • If breathing, place the person on their side with top leg and arm crossed over body to prevent choking

How to Prevent Accidental Opioid Overdose

Take meds as instructed • Only take meds prescribed to you • Don't take street drugs or borrow meds from anyone • Don't stop taking or change dose of opioids without talking to your doctor • Don't mix opioids with alcohol, benzodiazepines (meds such as Xanax[®] [alprazolam] or Ativan[®] [lorazepam]), or meds that make you sleepy • Store meds in safe place • Safely get rid of meds you don't want or are not going to use • Don't sell or give away opioids

1. Opioid overdose reversal agent Opvee[®] (Nalmefene) is also available as a nasal spray. 2. Anyone trained in CPR should also perform rescue breaths.

References:

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Opvee® prescribing information. North Chesterfield, VA: Indivior; 2023 November. https://www.accessdata.fda.gov/drugsatfda_docs/label/2023/217470Orig1s000.pdf

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