

1



SHAKE & SHOUT

at shoulders their name

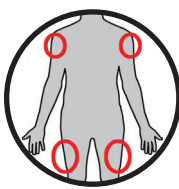
2



CALL 911

if unresponsive

3



INJECT NALOXONE

1 ampoule (1mL) into
arm or leg muscle

4



CHEST COMPRESSIONS

or full CPR and/or rescue
breathing as trained

5



IS IT WORKING?

If no improvement in 3-5 minutes
repeat steps 3 & 4

STAY!

Stick around until EMS arrives
in case they still need help

PH1601SS625

SIGNS OF OPIOID OVERDOSE & RECOVERY POSITION

OVERDOSE PREVENTION

- **Avoid mixing drugs** or using with alcohol. Try to use one at a time and use drugs before alcohol.
- **Know your tolerance**, if you haven't used for a while, (3 days or more) your body can't handle the same amount as before. Start as if you have never used before.
- **Do a tester and ask around** with a new supply or dealer. Taste it, smoke it, use a little and see what others are saying.
- **Use with a friend** but avoid injecting at the same time in case one of you needs help.
- **Have a plan**, talk about overdose before it happens and with people you trust.

SIGNS OF

OPIOID

OVERDOSE

- Can't wake the person up
- Breathing is very slow, erratic or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small

RECOVERY POSITION

Put person in recovery position if:

- Unconscious and breathing
- You have to leave the person unattended

