



5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

STEP

1



SHOUT & SHAKE
their name and their shoulders.

STEP

2



CALL 911
if unresponsive.

STEP

3



GIVE NALOXONE
1 spray into nostril.

STEP

4



**PERFORM RESCUE BREATHING
AND/OR CHEST COMPRESSIONS**

STEP

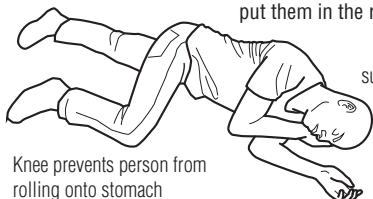
5



IS IT WORKING?
If no improvement after 2-3 minutes, repeat steps 3 and 4. Stay with them.

RECOVERY POSITION

If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.



Hand
supports
head

Knee prevents person from
rolling onto stomach

SIGNS OF AN OVERDOSE

- Person can't be woken up
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny or eyes rolled back
- Body is limp

For more info: [opioids.alaska.gov](https://www.opioids.alaska.gov)
Naloxone provided through Project Gabe,
Public Health Nursing, Division of Public Health,
Alaska Department of Health

