



Compassionate Overdose Response

Responding to an overdose can be overwhelming and scary, but you can do it!



- Blue or purple fingernails and lips
- Unresponsive to voice or touch
- Pinpoint pupils (center part of eye is very small)
- Slow, irregular, or no breathing
- Slow heartbeat or low blood pressure
- Pale, clammy skin



1 Check For Responsiveness & Breathing

- Shake the person and shout (their name, wake up, etc.)
- Use the sternal rub
 - Make a fist
 - Use the middle joints of your fingers (not the knuckles)
 - Firmly rub the center of the person's chest for 5-10 seconds

Check for normal breathing
(1 breath every 5 seconds).

2 Call 911 or Yell For Help

- If unresponsive, call 911
- Stay with the person

Helpful Tip!

Put the 911 call on speaker phone. This will make it easier to hear operator instructions and have free hands to respond.

3 Give Opioid Overdose Reversal Medication (naloxone, Narcan)

- Naloxone counters the effects of an opioid overdose and restores breathing
- Follow steps on the product packaging



Scan or [click here](#) to learn more about using nasal or injectable naloxone from the CDC

Naloxone won't harm someone if they're overdosing on other drugs, so it's always best to use it if you think someone is overdosing

If you do not have naloxone still continue with all other steps

Rescue breathing and CPR can save someone's life until EMS arrives

- After 2-3 minutes, if the person is not breathing normally (less than one breath every 5 seconds), give another dose of naloxone and repeat step 4.



2-3 mins

4 Check For Pulse and Breathing Perform CPR (if trained) or Rescue Breaths

- Turn the page to review the Rescue Breathing Guide
- If you do not have additional naloxone, continue with rescue breathing or CPR

5 Place In Recovery Position

- Roll them into the recovery position to (turn the page to review recovery position).
- Naloxone's effect lasts for about 30-90 minutes. Once the naloxone wears off, there is a potential for a person overdose again. If possible, stay with the person until EMS arrives.



Compassionate Overdose Response Rescue Breathing Guide

Rescue breathing is one of the most important steps in responding to an overdose. Opioids and other depressants reduce respiratory function. Enabling breathing as quickly as possible is critical to saving lives. Rescue breathing gets much needed air immediately into someone's body while naloxone is taking effect.

- 1 Place the person on their back
- 2 Tilt their chin up and head back
Open their mouth and check for any blockages
- 3 Plug their nose with one hand, make a seal with your mouth, and give two regular-sized breaths
 - Blow enough air into their lungs to make their chest rise
 - If you don't see their chest rise out of the corner of your eye, tilt the head back more and make sure you're plugging their nose
- 4 Continue to give breaths
Give one breath every 5 seconds

If interested in CPR training, scan or [click here](#) to visit the American Heart Association



Recovery Position

Lay the person on their side

Stay with the Person

Hand supports head

Knee stops the body from rolling onto the stomach

Roll them into a recovery position on their side

Naloxone's effect wears off after about 30 to 90 minutes so it's critical that someone stays with person as they recover as there is a potential they could overdose again



Responded to an overdose?

Scan or click below.

bit.ly/reverseOD



Tennessee Department of Health Authorization No. 360044.
This Electronic publication was promulgated at zero cost.
May 2024