






How to Spot and Steps to Take in an **OPIOID OVERDOSE**

HOW TO SPOT AN OVERDOSE IN 3 SIMPLE STEPS

-  Look for blue lips and finger tips.
-  Is the person responsive? Gently shake the person or conduct a sternal rub.
-  Check Breathing-Not breathing, struggling to breathe, or gurgling sounds indicate a potential overdose.

STEPS TO TAKE DURING AN OVERDOSE

-  **1** Recognition of the overdose. Steps above. 
-  **2** Call 911 for Help! Naloxone only lasts for 20-90 minutes and person may have difficulty breathing. 
-  **3** Administer Naloxone 
-  **4** Stay with the person do not leave. Colorado has Good Samaritan laws that will protect you even if you are intoxicated. 
-  **5** Begin CPR for 3-5 minutes- chest compressions or rescue breathing or both (per American Heart Association guidelines). 
-  **6** Evaluate Again: How is the breathing? Naloxone takes about 2-5 minutes to work. If the breathing has not improved give another dose. 
-  **7** Place client in recovery position until help arrives. 