

Mouth-to-mouth rescue breathing

## Chest compressions

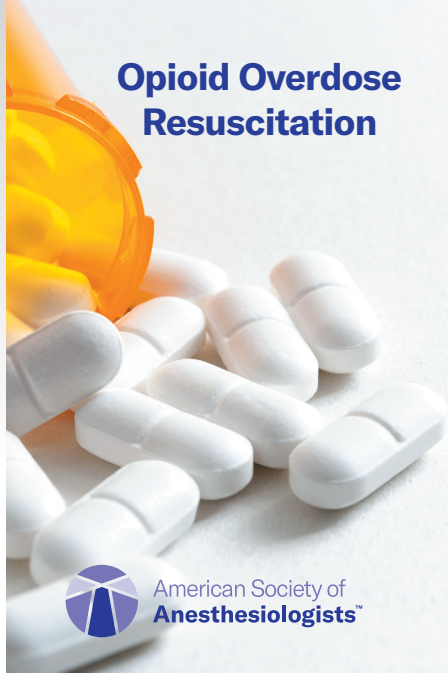


If you or a family member is facing a substance abuse or mental health issue, call the Substance Abuse and Mental Health Services Administration at

**1-800-662-HELP (4357).**

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# Opioid Overdose Resuscitation



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### Symptoms of an overdose:

1. Slow and shallow breathing.
2. Very sleepy and unable to talk, or unconscious.
3. Skin color is blue or grayish, with dark lips and fingernails.
4. Snoring or gurgling sounds.

### If there are symptoms of an overdose:

1. Lightly tap, shake, and shout at the person to get a response. If there is still no response, rub knuckles on the breast bone.
2. If the person responds, keep them awake.
3. Call 911.

### If you get little or no response:

1. Call 911.*
2. If their breathing is shallow or non-existent, or if the skin color is blue or grayish, with dark lips and fingernails, perform mouth-to-mouth rescue breathing by tilting head back and lifting up chin until mouth opens, clearing airway. Give two quick breaths to start and then a strong breath every 5 seconds.
3. If the person no longer has a heartbeat (pulse), continue to perform rescue breathing. Perform CPR by pushing hard on the chest bone at a rate of 100 times per minute.
4. Stay with the person. If you have to leave the person alone or vomiting occurs, place the person in the recovery position – on their side, hand supporting the head, mouth facing downward, and leg on the floor to keep the person from rolling onto their stomach.

* If you have access to **naloxone** (also called **Narcan®** – a medication that can rapidly reverse the overdose of opioids), administer it according to the package instructions, in addition to calling 911.



Recovery Position