OVERDOSE PREVENTION

Overdose is more likely to happen when:
- You use alone.
- You mix opioids with alcohol or other drugs.
- Your tolerance is low because you haven’t used recently.
- You have a chronic disease (HIV/AIDS, Hep C, COPD), or illness (pneumonia, flu).

OVERDOSE RECOGNITION

- Can't be woken up
- Fingernails or lips turning blue
- Slow or no breathing
- Vomiting or gurgling noises
- Limp body
- Unable to speak/incoherent

OVERDOSE RESPONSE

1. Call 911! CT's Good Samaritan Law protects you from arrest when you call for help.
2. Perform rescue breathing. Tilt head back, lift chin to open airway and give 2 quick breaths.
3. Give Naloxone/Narcan (see reverse).
4. Continue rescue breathing. Give 1 slow breath every 5 seconds.
5. Stay until help arrives. Naloxone only lasts for 20-90 minutes and additional doses may be needed. If you must leave, roll person on his or her side, with chin tilted up and supported by hand.
6. Always seek medical care after an overdose.