How to Spot and Steps to Take in an OPIOID OVERDOSE

HOW TO SPOT AN OVERDOSE IN 3 SIMPLE STEPS

1. Look for blue lips and finger tips.
2. Is the person responsive? Gently shake the person or conduct a sternal rub.
3. 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.