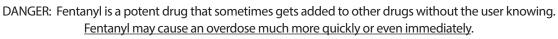
Is someone overdosing?

Look for these signs:

- Heavy nodding
- No response when you yell person's name or rub hard on the bone at the middle of the chest
- Blue lips or blue fingertips

- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Very limp body and very pale face
- Choking sounds or a gurgling, snoring noise

If a person has <u>any of these signs</u> and can't respond to you, they are overdosing. An overdose can happen within minutes or up to 3 hours after using.



What to do if someone is overdosing:

- 1
- Try to wake person up by yelling their name. If no response, rub hard on the bone at the middle of the chest.
- 2

Call 911 right away. Give the address and say your friend is not breathing.



Try rescue breathing (see picture).

Use naloxone (also called Narcan) if you or someone else has it. Naloxone is a medication that can quickly reverse the overdose of opioids. <u>CAUTION</u>: The CDC advises that multiple doses of naloxone may be needed to reverse a fentanyl overdose.



6

open.

Put the person on their side so they don't choke.



arrives (this is best), or leave the door



STIMULATION - can they be awakened?



AIRWAY - make sure nothing is inside the person's mouth stopping the breathing.



For naloxone programs near you, visit hopeandrecovery.org and enter your zip code under "Overdose Prevention Programs."

CALL FOR HELP if the person

is not responsive

RESCUE BREATHING -Breathe for them - two quick

breaths every five seconds

In Illinois, you and the overdose victim cannot be charged with possession for small amounts of illegal drugs if you call 911 or take someone to an emergency room for an overdose.

EMERGENCY: 911 POISON CONTROL: 1-800-222-1222

V ALERT For Anyone Who Has Used HEROIN or Other Opiates

If you have not used for a while due to jail, prison, treatment, hospitalization, or other reasons:

Using drugs like you did before can be <u>FATAL</u> because your body's tolerance has decreased!

If you're feeling tempted to use:



Do not be alone. Being around others can make it easier to avoid temptation. 2

Stay away from the people, places, and things that remind you of using.



Call a caseworker, friend, or family member who supports your recovery.

Be Safe – Stay Alive!