

RECOGNIZE + RESPOND TO OVERDOSE

It may be hard to tell if a person is high or experiencing an overdose. If you aren't sure, it's best to treat it like an overdose—you could save a life.

HOW TO RECOGNIZE AN OVERDOSE



Slow, shallow breathing

A person may have very slow, shallow breaths, make gurgling noises, or stop breathing.



Falling asleep or loss of consciousness

A person may be awake but unable to talk, or may not respond when you try to wake them up.



Pale, blue, or cold skin

They could look very pale or have blue lips and fingernails.

HOW TO RESPOND TO AN OVERDOSE



Call 911 immediately

Even a matter of seconds could save a life.



Administer naloxone if available

Follow the directions for nasal or intramuscular naloxone kits.



Try to wake them up

Call their name and rub the middle of their chest with a closed fist.



Start rescue breathing

Make sure their mouth is not blocked, pinch their nose, and breathe into their mouth every 5 seconds.



Lay the person on their side

Put the person on their side supported by a bent knee to prevent choking.

SOURCES:

<https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>
<https://preventoverdoseri.org/wp-content/uploads/2020/12/respond-to-overdose.png>



FOR MORE INFORMATION

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