

Know the Signs of Overdose

Save a Life

Call 9-1-1

1 Know the Signs of Overdose. Save a Life.

Signs of opioid overdose may include:

- Breathing that is slow or shallow—or no breathing at all
- Very sleepy and not responding to your voice or touch
- Blue or grayish skin color, with dark lips and fingernails
- Snoring or gurgling sounds

If there are symptoms of an overdose:

- Tap, shake, and shout at the person to get a response
- If there is still no response, rub knuckles on the breast bone
- If no or little response, call 911

Opioids include: heroin, OxyContin, methadone, morphine, Percocet, fentanyl, hydrocodone, Vicodin, etc.

2 Call 9-1-1. An Overdose is a Medical Emergency.

An opioid overdose can cause a coma or death within minutes. A medication called naloxone (Narcan) can reverse an overdose and save a life.

When you call 9-1-1:

- Give the address
- Tell them it's an overdose so they can bring naloxone (Narcan). Or say, "My friend is not breathing."
- Stay with the person (The 9-1-1 Good Samaritan law provides protection from arrest and prosecution for drug possession crimes.)

While you wait for the ambulance:

- Do rescue breathing
- Give naloxone (Narcan) if you have it
- If you have to leave the person for any amount of time, place the person on their side

Tell the ambulance staff anything you can about any alcohol or drugs the person has taken. If you cannot stay, leave a note with the information.

3 Do Rescue Breathing if Breathing is Slowed or Stopped.

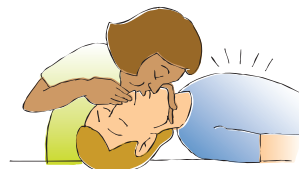
1 Make sure nothing is in the mouth.



2 Tilt head back, lift chin, pinch nose.



3 Breathe in mouth once every 5 seconds.



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Get Treatment. There is Hope.

**You are not alone.
The following
resources can help
you find substance
abuse treatment,
prevention services,
and information.**



MA Department of Public Health
Bureau of Substance Abuse Services

Massachusetts Substance Abuse Information and Education Helpline

- Free and confidential information and referrals to public and private treatment programs
- Health insurance may not be required
- Translation available in 140 languages

(Toll free) 1-800-327-5050

Staffed 7 days a week

TTY: 1-800-439-2370

www.helpline-online.com

Massachusetts Health Promotion Clearinghouse

- Resources on prevention and treatment

(Toll free) 1-800-952-6637

TTY: 1-617-536-5872

www.mass.gov/maclearinghouse

Massachusetts Overdose Prevention Resources

- Free and confidential training on preventing, recognizing, and responding to overdose. Training includes rescue breathing and how to use naloxone (Narcan)
- Nasal naloxone (Narcan) is available free of charge statewide
- To find a naloxone (Narcan) site near you call:

(Toll free) 1-800-327-5050

Help is available in over 140 languages

TTY: 1-800-439-2370

www.helpline-online.com

For information about available overdose resources visit
mass.gov/dph/overdose

Boston Public Health Commission AHOPE

- Recorded information on how to prevent, recognize, and respond to an opioid overdose

(Toll free) 1-800-383-2437

More
information
on other
side