



How to Recognize an Overdose

Slow breathing

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



Trouble waking up

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



Changes to skin tone

A person's skin tone can turn grayish or ashen to bluish purple.



Other side effects

Nausea and/or vomiting Dry mouth Itching and sweating Increased sensitivity to pain



What to do NEXT?

Call 9-1-1, give naloxone, and support ventilation if the person does not respond.



For more information, email Savannah Collier at ssmith24@fsu.edu or take a FREE Overdose Prevention Training at bit.ly/3isbhLJ

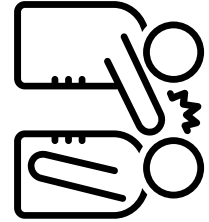




How to Respond to an Overdose

Try to wake them up

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



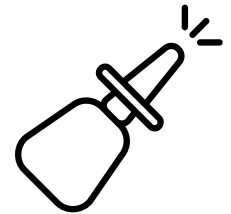
Call 9-1-1

Most states have The Good Samaritan Law that protects you from arrest for possession of drugs.



Give Naloxone

Follow the directions for nasal or intramuscular naloxone kits.



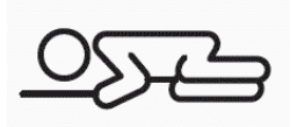
If needed, Give Support Ventilation

Start CPR if the person is not breathing AND has no pulse. Push hard & fast in the center of the chest to the beat of the classic song, *Stayin Alive*.



Recovery Position

If you can't stay to wait for help, put the person on their side supported by a bent knee.



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