When responding to a potential opioid overdose, assess the symptoms of the affected individual. Are they breathing normally? Are they breathing at all? Is their skin turning blue or ashen? Are they responsive? Is there any paraphernalia around? If you suspect an overdose related to opiates, call 911, tell dispatch that the individual has stopped breathing, and follow these steps:

Stimulate

Use noise! Shout at the person

Tip: Always say what you are going to do before you touch someone

Use pain! Do a sternal rub

No response?

Call 911

Airway

Put the person on their back on a hard surface.

Tilt the head back to open the airway

Check the mouth.
Remove any obstructions

Keep head tilted back.
Pinch the nose. Create a seal around the mouth.

Ventilate

Tip: Use a mask or piece of clothing as a barrier when giving breaths

Give 2 quick breaths

Continue to give 1 breath every 5 seconds until the person is on their own or help arrives

Tip: Breaths are more important than the naloxone - it brings oxygen to the brain

Evaluate

Is the person breathing?

If you do not have naloxone, just keep breathing for the person!

When combined with calling 911, rescue breathing is enough to save the life of someone who has overdosed.

Medication

Peel open the nasal spray package.

Hold the device with your thumb on the bottom of the plunger and two fingers on the nozzle

Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose

Press the plunger firmly to release the dose into the person's nose

Evaluate

Is the person breathing?

Keep breathing for the person. 1 breath every 5 seconds for around 40 breaths (3-5 minutes).

If no response after 3-5 minutes give another dose in the other nostril

Continue to give

1 breath every 5
seconds until the
person is
breathing on their
own or help
arrives



