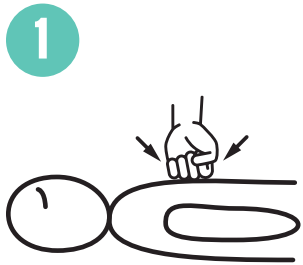


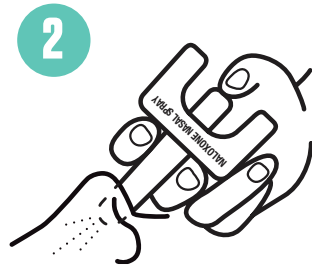
How to help someone during an overdose



1
Try to wake the person up

Shake them and shout.

If there is no response, **grind your knuckles into their breastbone** for 5 to 10 seconds.



2
Give Naloxone

(The label may say "Narcan"). The nasal spray will work even if the person is not breathing.

1. **Peel the package** open and hold the device.
2. **Do not press** until ready to give naloxone.
3. **Place** the tip in the nostril.
4. **Press** button firmly.



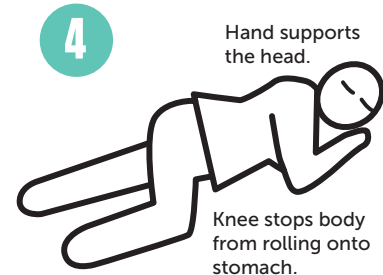
3
CALL 911

Check for breathing

Give CPR if you have been trained

Or, do rescue breathing:

1. Tilt the head back, open the mouth, and pinch the nose
2. Start with 2 breaths into the mouth
3. Then, give 1 breath every 5 seconds
4. Continue until help arrives



4

Hand supports the head.

Knee stops body from rolling onto stomach.

Turn the person on their side to prevent choking.



5

If the person does not wake up in 3 minutes, give a second dose of naloxone.