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. 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. 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.