What is an opioid overdose?

- **Opioids include** heroin and prescription pain medications like:
  
  - Vicodin *
  - OxyContin *
  - Percocet *
  - Dilaudid *
  - Fentanyl *
  - MS Contin *
  - Methadone

- **Opioids slow down breathing**. In an overdose, your breathing slows down too much or stops completely. If the brain can’t get enough oxygen you can die.

- **You can overdose minutes or even hours after you’ve used opioids**. You may start out just really sleepy. But eventually you might pass out and stop breathing.

What can cause an overdose?

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<tr>
<th>Using after your tolerance has dropped (like after detox, hospital, jail, treatment).</th>
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<tr>
<td>Heroin strength varies. You can’t tell how strong it is or what else is in it by how it looks.</td>
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<td>Mixing opioids with benzos, alcohol, other opioids. Or even with methamphetamine or cocaine.</td>
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<td>Using opioid pain meds more often or at a higher dose than prescribed for you.</td>
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<tr>
<td>Using someone else’s opioid pain meds. They may be too strong for you.</td>
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<tr>
<td>Using alone. You’re more likely to die if no one is there to help.</td>
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**People who have overdosed in the past are more likely to overdose again!**

What are signs of an overdose?

- won’t wake up
- slow or no breathing
- pale, gray skin
- blue lips or fingertips
- snoring or gurgling sound

What should I do?

1. **Try to wake them up**. Shout their name, shake them. Rub your knuckles hard up and down their sternum/breastbone.

2. **Call 911**. Even if you have naloxone, you must call 911. There could be something else wrong or it could be too late for naloxone to work.

3. **Give a single dose of naloxone**. If someone is with you, they can call 911 and/or do rescue breathing while you get the naloxone.

4. **Give rescue breaths**. Naloxone can take 2-3 minutes to work so you need to breathe for the person:
  
  - Tilt head back, lift chin, pinch nose.
  - Give 1 full breath every 5 seconds. (not quick, not a hurricane). Their chest should rise and fall.

5. **If they don’t wake up in 2-3 minutes, give a second dose of naloxone**.

6. **Keep rescue breathing** until the person wakes up or medical help arrives.

**If the person wakes up**, they won’t realize they have overdosed. Calmly explain what happened. Stay with them until emergency medical help arrives.

**Naloxone wears off in 30-90 minutes** when they could slip back into overdose. Encourage the person to go to the hospital. They should NOT use more opioids right now!

**Try to wake them up. Call 911. Give naloxone and rescue breaths.**