How to Recognize an Overdose

Common signs to look out for

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.

Turning Pale
They could look very pale or have blue lips and fingernails.

What to do next?
Call 9-1-1, give naloxone, and support ventilation if the person doesn’t respond.

For 24/7 treatment and recovery services, call BH Link: 401-414-LINK (5465)

We all have a role to play in ending the overdose crisis. What’s yours? Find out at PreventOverdoseRI.org

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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
The Good Samaritan Law protects you from arrest for possession of drugs.

Give naloxone
Follow the directions for nasal or intramuscular naloxone kits.

Support ventilation
Start CPR as directed by 9-1-1. Push hard and fast in the center of the chest to the beat of the classic disco 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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