

Is someone overdosing?

Look for these signs:

- Heavy nodding
- No response when you yell person's name or rub hard on the bone at the middle of the chest
- Blue lips or blue fingertips
- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Very limp body and very pale face
- Choking sounds or a gurgling, snoring noise



*If a person has **any of these signs** and can't respond to you, they are overdosing. An overdose can happen within minutes or up to 3 hours after using.*



DANGER: Fentanyl is a potent drug that sometimes gets added to other drugs without the user knowing. Fentanyl may cause an overdose much more quickly or even immediately.

What to do if someone is overdosing:

- 1 Try to wake person up by yelling their name. If no response, rub hard on the bone at the middle of the chest.
- 2 Call 911 right away. Give the address and say your friend is not breathing.
- 3 Try rescue breathing (see picture).
- 4 Use naloxone (also called Narcan) if you or someone else has it. Naloxone is a medication that can quickly reverse the overdose of opioids. **CAUTION:** The CDC advises that multiple doses of naloxone may be needed to reverse a fentanyl overdose. 
- 5 Put the person on their side so they don't choke.



- 6 Stay with the person until the ambulance arrives (this is best), or leave the door open.



STIMULATION - can they be awakened?



CALL FOR HELP if the person is not responsive



AIRWAY - make sure nothing is inside the person's mouth stopping the breathing.



RESCUE BREATHING - Breathe for them - two quick breaths every five seconds



For naloxone programs near you, visit hopeandrecovery.org and enter your zip code under "Overdose Prevention Programs."

In Illinois, you and the overdose victim cannot be charged with possession for small amounts of illegal drugs if you call 911 or take someone to an emergency room for an overdose.

EMERGENCY: 911 POISON CONTROL: 1-800-222-1222



ALERT



*For Anyone Who Has Used
HEROIN or Other Opiates*

If you have not used for a while due to jail, prison, treatment, hospitalization, or other reasons:

**Using drugs like you did before
can be FATAL because your
body's tolerance has decreased!**

If you're feeling tempted to use:

1

Do not be alone. Being around others can make it easier to avoid temptation.

2

Stay away from the people, places, and things that remind you of using.

3

Call a caseworker, friend, or family member who supports your recovery.

Be Safe – Stay Alive!