

# OVERDOSE: RECOGNIZE AND RESPOND

## WARNING SIGNS

- Dizziness
- Slow or shallow breathing
- Choking/gurgling sounds
- Pinpointed pupils

## SIGNS OF OVERDOSE

- Not breathing
- Unconsciousness or inability to awaken
- Blue or gray lips/skin/nails
- Spasms and rigid muscle
- Seizure-like movements

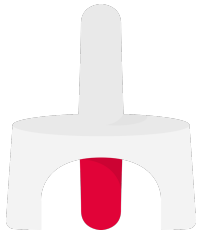
## WHAT TO DO

1. Administer **naloxone**.
2. Call **911** as quickly as possible.
3. If **breathing after first dose**: Lay the person on their **side** in a **recovery position** to prevent choking.
4. If **not breathing after first dose**: Give **rescue breaths**, if able. Tilt head back, pinch nostrils closed, and give **1 breath every 5 seconds**.
5. Stay with the person and continue rescue breaths (as needed) until emergency assistance arrives.



## WHEN TO GIVE A SECOND DOSE OF NALOXONE

- If the person does not start breathing in 2-3 minutes, give a second dose of naloxone.
- The goal is to get the person breathing on their own even if they do not wake up.



## MORE INFORMATION ON NALOXONE



Naloxone is a life-saving medication that can reverse an **opioid overdose**. It is safe and easy to use.

## GET HELP NOW



24/7 help is available for anyone who is battling substance use disorder.

**CALL 1-800-662-4357**

OR

**TEXT 717-216-0905**



Pennsylvania  
Department of Health