

What to do if someone is overdosing

A quick guide to spotting an overdose and acting fast, no medical background needed. Shared by Ophelia for International Overdose Awareness Day.

RECOGNIZE IT

Signs of an overdose



Slow or no breathing



Blue or gray
lips or fingertips



Unresponsiveness to
touch or shouting



Choking or
gurgling sounds



Limp body

RESPOND

What to do

1

Call 911. Say you think
it's an overdose



2

**Give nalaxone if you
have it.** It's safe to use
even if you're not sure



3

**Roll them onto their
side** to prevent choking



4

Stay with them
until help arrives



5

If they're not breathing,
start rescue breaths of
CPR is trained



GOOD TO KNOW

Nalaxone is available over the counter at most pharmacies. No prescription is needed, and it's free through many state programs.

Good Samaritan laws in most states protect you from legal trouble for calling 911 during an overdose.