

OPIOID OVERDOSE

Know what to do.

Quick steps to recognize
an overdose and respond
with naloxone (Narcan).



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Look for signs of overdose



Won't wake up or respond to voice or touch.



Slow or no breathing.



Cold skin that is blue or grey.



Gurgling or snoring sounds.

Act fast!
Every second counts.

Administer naloxone

- 1 Call 911.
- 2 Peel off the wrapper.
- 3 Tilt their head back. Place the nozzle in their nose and press the plunger to spray.
- 4 Give rescue breaths, if needed.
- 5 If they're still unresponsive after 2–3 minutes, use another dose in the other nostril.
- 6 Stay with them until help arrives.

Naloxone is safe to use even if they aren't overdosing.

GET IT.
CARRY IT.
USE IT.



You can get naloxone at most pharmacies without a prescription.

Most insurance covers the cost, or you may be able to get it free from a community organization.



Scan QR code for resources on fentanyl, overdose prevention and treatment.

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