

You Can Stop an **Opioid Overdose**

Take these steps:

1. Check for Overdose
2. Call 911
3. Give Naloxone
4. Start CPR/Rescue
Breathing as needed
5. Stay until Help Arrives

1



Check for Overdose

- Person won't wake up; try pinch or knuckle rub on chest
- Does not answer to noise
- Not breathing well or not at all
- Blue/Gray lips and fingertips
- Heartbeat is slow/undetected

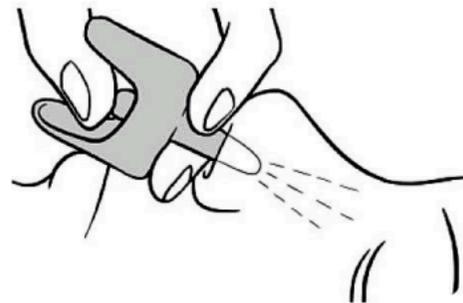
2



Call 911

- Call 911
- Say "Someone isn't breathing"
- Stay until help arrives, even if the person seems better

3



Give Naloxone

- Lay the person on their back and tilt the head up
- Hold container with thumb on bottom plunger, two fingers on both sides of the nozzle
- Put the nozzle into one nostril, push plunger firmly

TOGETHER WE CAN

Prevent an opioid overdose. *Save* a life.

4



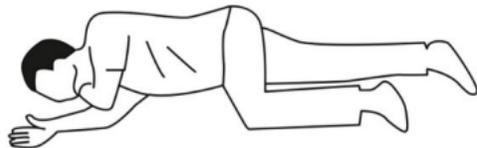
Start CPR & Use AED if available. Provide Rescue Breaths as Needed

Rescue Breathing:

- Make sure nothing is in the mouth
- Tilt head, lift chin, pinch nose
- Give 1 breath every 5 seconds

Give second dose in the other nostril if the person does not wake up in 2-3 minutes.

5



Stay until Help Arrives

- If person is unconscious but breathing, roll them onto their side
- Send used Naloxone device with the emergency responder

Steve's Law protects the person overdosing and the person who calls 911 and stays with the person who overdosed.

**Harm Reduction Tips:
Overdose Prevention**

- Avoid using alone
- Avoid mixing different drugs
- Have Naloxone ready
- Leave doors unlocked
- Start low and go slow
- It's safer to smoke or snort instead of shooting

**In a Mental Health Crisis?
Call/Text 988**

**NW8 Crisis Support Line:
800-282-5005**

Get help 24 hours a day, 7 days a week.



**Learn more about Polk County
Opioid Response Initiatives at:**
<https://www.co.polk.mn.us/546/Opioid-Settlement-Advisory-Council>

