

Know the Signs of Overdose

Save a Life

Call 9-1-1

1 Know the Signs of Overdose. Save a Life.

Signs of opioid overdose include:

- Breathing that is slow and shallow – or no breathing at all
- Not responding to your voice or touch
- Blue or grayish skin color, lips, and fingertips
- Snoring or gurgling sounds

If there are symptoms of an overdose:

- Tap, shake, and shout at the person to get a response
- If there is still no response, rub your knuckles on their breast bone
- If no or little response, call 9-1-1 and give naloxone (Narcan) if you have it.

Opioids include street drugs such as heroin and illicit fentanyl as well as prescription opioids such as codeine, hydrocodone (i.e. Vicodin), and oxycodone (i.e. OxyContin, Percocet).

2 Call 9-1-1. An Overdose Is a Medical Emergency.

An opioid overdose can cause a coma or death within minutes. A medication called naloxone (Narcan) can reverse an overdose and save a life.

When you call 9-1-1:

- Give the address.
- Tell them it's an overdose so they can bring naloxone (Narcan). Or say, "My friend is not breathing."
- Stay with the person. The 9-1-1 Good Samaritan law provides protection from arrest and prosecution for drug possession.

While you wait for the ambulance:

- Do rescue breathing.
- Give naloxone (Narcan) if you have it.
- If you have to leave the person for any amount of time, place the person on their side.

Tell the ambulance staff anything you can about what drugs and/or alcohol the person has taken.

3 Do Rescue Breathing if Breathing is Slowed or Stopped.

1 Make sure nothing is in the mouth.



2 Tilt head back, lift chin, and pinch nose.



3 Give 1 breath every 5 seconds.



Get Treatment. There is Hope.

**You are not alone.
The following
resources can help
you find substance
addiction treatment,
prevention services,
and information.**



MA Department of Public Health
Bureau of Substance Addiction Services

Massachusetts Substance Use Helpline

- Free and confidential information and referrals to public and private treatment programs.
- Health insurance may not be required.
- Translation available in 140 languages.

Toll-free: 1-800-327-5050

Staffed 7 days a week

**TTY: Use MassRelay at 711 or
1-800-720-3480**

HelplineMA.org

Massachusetts Health Promotion Clearinghouse

- Resources on prevention and treatment.

Toll-free: 1-800-952-6637

**TTY: Use MassRelay at 711 or
1-800-720-3480**

**mass.gov/MAClearinghouse or
massclearinghouse.ehs.state.ma.us/
category/BSASOVD.html**

Massachusetts Overdose Prevention Resources

- Free and confidential training on preventing, recognizing, and responding to overdose is available.
- Training includes how to recognize an overdose, do rescue breathing, and how to use naloxone (Narcan).
- Naloxone (Narcan) is available at all retail pharmacies in MA and covered by MassHealth and commercial insurance. Talk to your pharmacist to learn more about co-pay costs.

To learn more about overdose prevention in Massachusetts, visit mass.gov/narcan

More
information
on other
side

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