

An Overdose is a Medical Emergency

Signs of an Opioid Overdose:

Deep snoring, turning blue (lips, fingernails), unresponsive, no breathing or slow breathing (less than 1 breath every 5 seconds)

Responding to an Overdose:

1 Call 911

Say "My friend/child is unconscious and I can't wake him/her up." or "My friend/child isn't breathing." In Massachusetts you cannot be charged with possession of a controlled substance.

2 Rescue Breathing

If the person is not breathing, make sure there is nothing in the mouth; tilt head back; lift chin; pinch nose; give a breath every 5 seconds, and watch for their chest to rise with every breath.

3 Stay with the Person

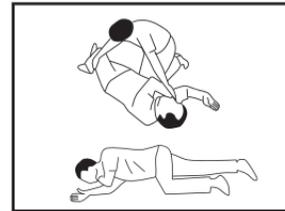
Whether or not the person needs rescue breathing, stay (if you can) until help arrives. Give naloxone (Narcan) if you have it.

If you need to leave, even briefly: put the person in the Recovery Position so they won't choke if they vomit.

Rescue Breathing



The Recovery Position



Resources

MA Substance Abuse Information and Education Helpline: 1-800-327-5050; TTY 1-800-439-2370; www.helpline-online.com

Prevention and Treatment Services • Naloxone information
Parent Support • Other information

Allies in Recovery: www.alliesinrecovery.net

Your online home when a loved one is using drugs or alcohol. Free membership for MA residents. Your zip code is the promotional code when registering.

To order this magnet and other informational materials, visit the Massachusetts Health Promotion Clearinghouse
www.mass.gov/maclearinghouse

www.mass.gov/dph/bsas

