

What do I do if someone is having an overdose?

If you think someone is having a prescription opioid or heroin overdose, it's very important to act fast.

HELP
CALL 911

Always call 911 first.

Give the address or clearly describe your location. Say if the person is not breathing.

Know the signs of an overdose:

A person having a prescription opioid or heroin overdose may:

- Not respond to their name
- Breathe slowly (less than 1 breath in 5 seconds)
- Have blue lips or fingertips
- Look very pale
- Go limp
- Make choking, gurgling, gasping, or snoring noises
- Vomit (throw up)

An overdose usually happens 1 to 3 hours after using drugs.

Try to wake the person up.

Yell their name, pinch them, or rub the middle of their chest hard.

If they're not breathing, start rescue breathing.

1. Make sure there's nothing in the person's mouth
2. Tilt their head back, lift the chin, and pinch the nose shut
3. Give 1 slow breath into the person's mouth every 5 seconds
4. Continue until they start breathing

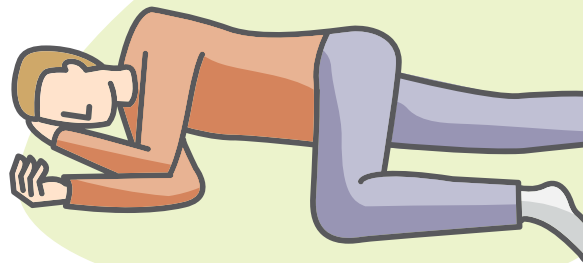


Give naloxone (Narcan) if you have it.

Not sure how to give naloxone or where to get it? Check out the other side of this fact sheet.

Put the person in recovery position.

Put the person on their side. This will help keep them from choking if they throw up.



You won't be punished for trying to help.

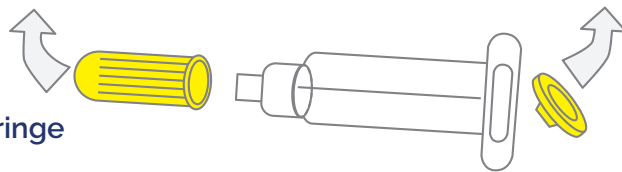
The Good Samaritan Law protects people trying to help someone having an overdose. That means you can't get in trouble with the law for calling 911 — even if you've been using drugs yourself.

Stay until help arrives.

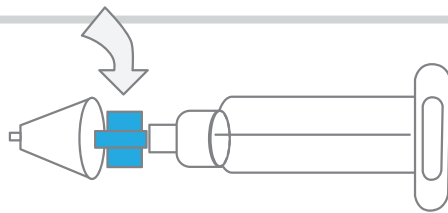
If for some reason you can't stay with the person, leave the door open so the emergency responders can find them easily.

To give nasal naloxone (Narcan):

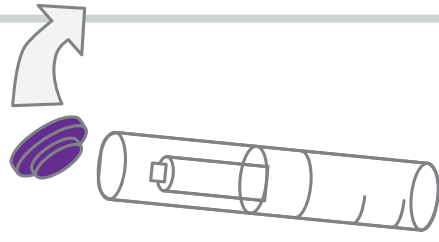
1 Take the yellow caps off of the syringe



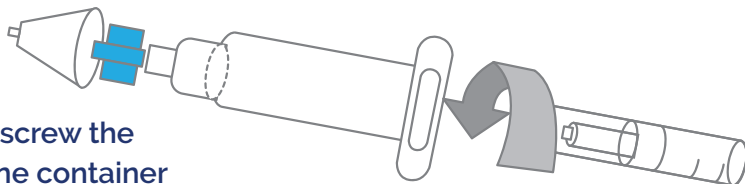
2 Screw the white cone onto the syringe



3 Take the purple cap off the naloxone



4 Gently screw the naloxone container into the syringe



5 Put the white cone inside one of the person's nostrils

6 Push firmly on the end of the container to spray half the naloxone into their nose

7 Repeat with the other half of the naloxone in the second nostril

8 If the person doesn't respond in **3 minutes**, give another dose if you have it



Where can I get naloxone?

At a pharmacy, you may have to pay a co-pay — usually between \$5 and \$15.

CVS

- 137 Federal St. in Greenfield (413) 774-7201
- 1665 Main St. in Athol (978) 249-7928

Rite Aid

- 1640 South Main St. in Athol (978) 249-9132

Walgreens

- 329 Conway St. in Greenfield (413) 774-5468
- 5 Pierce St. in Greenfield (413) 773-3801

Free naloxone

Tapestry Health

277 Main St. in Greenfield (Suite 404A)
(413) 773-8888 | www.tapestryhealth.org

Center for Human Development

131 West Main St. in Orange
(978) 544-2148 | www.chd.org

Learn to Cope

Meetings: Tuesdays 7:00 p.m.

- Greenfield Community College
1 College Dr. in Greenfield
(C208 Community Room)
- Heywood Hospital
242 Green St. in Gardner (Room A)

Meetings: Thursdays 7:00 p.m.

- Providence Behavioral Health
1233 Main St. in Holyoke
(1st Floor Auditorium)

This is a product of the **Northwest Opioid Overdose Reversal Project**, a collaboration funded by HRSA's Federal Office of Rural Health Policy.



www.opioidtaskforce.org



www.nqcc.org



www.nbccoalition.org