

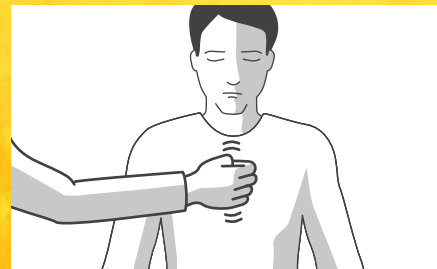
# STOP AN OVERDOSE

## TAKE THESE STEPS:

### 1 CHECK FOR OVERDOSE

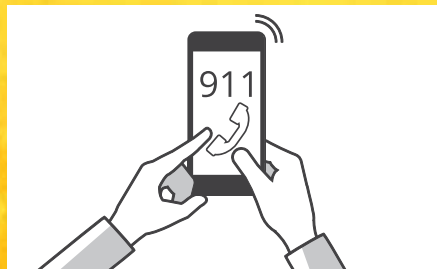
Signs of overdosing:

- Not breathing well
- Turning blue/gray
- Not reacting when you rub your knuckles on their chest



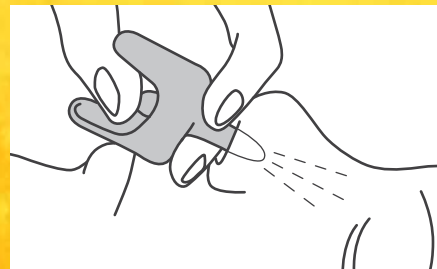
### 2 CALL 9-1-1

- Call 9-1-1
- Say “someone isn’t breathing” and/or “I think it’s an overdose”
- Stay until help arrives, even if they seem better\*



### 3 GIVE NARCAN®

- Push pump only after tip is in nose
- Go to Step 4
- If no response in 3 minutes, give another dose



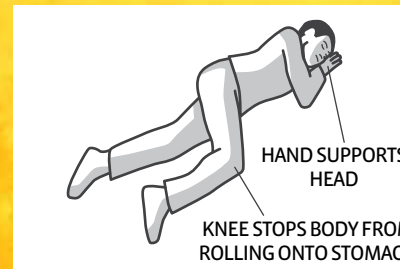
### 4 GIVE BREATHS/CPR

- Make sure mouth is clear
- Tilt head back, lift chin, pinch nose
- Give 1 breath every 5 seconds
- Try CPR if you’ve been trained



### 5 STAY UNTIL HELP ARRIVES

- If breathing well, put on side
- If not breathing well, repeat Steps 3 and 4
- Stay until help arrives\*



**HelplineMA.org**  
800-327-5050

**mass.gov/narcan**

\*Good Sam Law protects people who overdose or seek help for someone overdosing from being charged or prosecuted for simple drug possession.

- 1 Check for overdose
- 2 Call 9-1-1
- 3 Give Narcan®
- 4 Give breaths
- 5 Stay until help arrives