Opioid Overdose Resuscitation

Symptoms of an overdose:

1. Slow and shallow breathing.
2. Very sleepy and unable to talk, or unconscious.
3. Skin color is blue or grayish, with dark lips and fingernails.
4. Snoring or gurgling sounds.

If there are symptoms of an overdose:

1. Lightly tap, shake, and shout at the person to get a response. If there is still no response, rub knuckles on the breast bone.
2. If the person responds, keep them awake.
3. Call 911.

If you get little or no response:

1. Call 911.*
2. If their breathing is shallow or non-existent, or if the skin color is blue or grayish, with dark lips and fingernails, perform mouth-to-mouth rescue breathing by tilting head back and lifting up chin until mouth opens, clearing airway. Give two quick breaths to start and then a strong breath every 5 seconds.
3. If the person no longer has a heartbeat (pulse), continue to perform rescue breathing. Perform CPR by pushing hard on the chest bone at a rate of 100 times per minute.
4. Stay with the person. If you have to leave the person alone or vomiting occurs, place the person in the recovery position – on their side, hand supporting the head, mouth facing downward, and leg on the floor to keep the person from rolling onto stomach.

If you have access to **naloxone (also called **Narcan** – a medication that can rapidly reverse the overdose of opioids), administer it according to the package instructions, in addition to calling 911.*

Perform mouth-to-mouth rescue breathing.

Perform chest compressions.

Place the person in the recovery position.

If you or a family member is facing a substance abuse or mental health issue, call the Substance Abuse and Mental Health Services Administration at 1-800-662-HELP (4357).

American Society of Anesthesiologists®