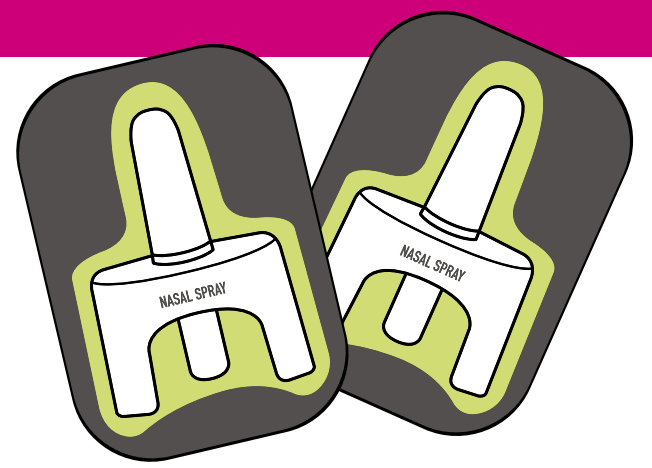


First Aid for Opioid Overdose



Naloxone is a safe medication that can reverse the effects of an opioid overdose. It only works on opioids, such as fentanyl. Fentanyl has been found in many drugs, including cocaine and methamphetamine. Naloxone is safe to use even if opioids are not present. People who use drugs that are not opioids can still be at risk for overdose.

Find the naloxone kit stored here:

Signs of an opioid overdose include:

- Unresponsiveness or unconsciousness
- Slowed or stopped breathing
- Blue, gray or white lips or fingertips
- Snoring or gurgling sounds
- Muscle stiffness or rigidity

If you think someone is experiencing an overdose, check for a response by shouting in their ear. If they do not respond, grind your knuckles into their breastbone (sternal rub).

If they do not respond to a sternal rub:

1. Call **911** for medical help.
2. Give the person naloxone by peeling open the package, placing the nozzle in one nostril and pressing the plunger.
 - If there is no response in two minutes, give a second dose in the other nostril.
3. If the person does not respond after naloxone, give rescue breaths or CPR (a face shield is included in the naloxone kit).
 - Tilt the person's head back and pinch their nose. Give two breaths to start, then one breath every five seconds.
 - Check for their chest to rise.
4. When not giving naloxone or rescue breaths, put the person on their side to prevent choking.
5. Stay with the person until medical help arrives.



For more information, scan the QR code or visit nyc.gov/health/naloxone.

