

RESCUE BREATHING



Rescue breathing is important to know because it can still save someone from an opioid overdose if naloxone (Narcan) or 911 are not available.



1. Check responsiveness. Ask, “Are you okay?”
Shake their foot. Rub their sternum.
2. Lay them on a firm flat surface on their back.
3. Check to see if the person is breathing by putting your cheek next to their nose and mouth to:
 - Look – see if their chest is rising.
 - Listen – can you hear breathing.
 - Feel – their breath on your cheek.
4. Tip their head back by using your palms and carefully pushing down on the forehead and up on the chin. This extends the airway as much as possible – but be careful not to push back too far!
5. Repeat Step #3 – Look, Listen, Feel.
6. If they are not breathing, look in the mouth and airway to see if an object is blocking their breathing. If there is something there, remove it by sweeping with two curved fingers. Only remove the object if it is visible and can easily be removed.
7. Repeat Step #3 – Look, Listen, Feel.
8. Pinch the person’s nose closed. Create a seal around their mouth with your lips. Push a normal sized breath into their lungs. If you need a barrier, you can use clean fabric, like the end of a shirt.
9. After providing 2 breaths, look, listen, feel to re-assess the person.
10. Breathe normally and allow 5 seconds between breaths (five seconds total).
 - If they are not breathing – continue breathing for them until help arrives.
 - If they start breathing – put them in the rescue position and continue to watch them.

