



**NMHealth**

# How to Respond to an Opioid Overdose

## Use Naloxone

1. **Peel** off the packaging
2. **Place** the tip of the nasal spray in either nostril of the person
3. **Push** down the plunger to dispense the medication

## Call 911

Always call 911 in case naloxone or rescue breathing are not working. There could be other issues requiring medical attention.

## The ABC's of Opioid Overdose Symptoms

1. **A**sleep, unconscious, or unresponsive
2. **B**lue lips, nails, or face
3. **C**hoking or gurgling sounds
4. **S**low, weak, or no breathing

## Perform Rescue Breathing

1. Put the person flat on their back.
2. Tilt the chin back, ensuring the airway is clear. If not, clear using two fingers as a hook. Only clear if the object is visible and easily removable.
3. Pinch their nose and place your mouth over theirs, giving two steady breaths. If you need a barrier, you can use fabric, like a shirt.
4. Continue with one breath every 5 seconds