

Overdose & Heatstroke Response

Overdose and heatstroke are medical emergencies.
If you suspect an overdose, it needs to be treated before heatstroke.

#1 IS IT AN OVERDOSE?

Check for Signs of an Overdose

- Not breathing, slow breathing, or gurgling/snoring noises
- Unconscious/seizures
- Person's skin appears gray and/or has blue lips

How to Respond to an Overdose



Tell them a person is not breathing



Administer naloxone (Narcan) if possible



Perform rescue breathing on the person

Continue to monitor after breathing becomes normal OR they wake up (may be slower due to sedatives in their system).

#2 IS IT HEATSTROKE?

Check for Signs of Heatstroke

Body is hot to the touch or person is in hot environment plus any of the following:

**Stumbling | Mumbling | Confusion | Unconsciousness
Seizures | Fast, Shallow Breathing**

How to Respond to Heatstroke

Heatstroke damages internal organs and the person needs to be cooled down immediately.

1



Tell them a person has heatstroke

2



Move them to a cooler place

3



Remove outer clothing to expose skin

4



Cover as much skin as possible with water

5



Fan the wet skin to quickly cool their body

Repeat steps 4 and 5 until EMS arrives.



NM Health
Helpline: 
1-833-796-8773

Find More Heat
Safety Resources

