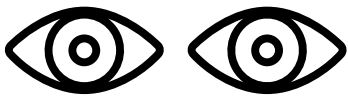


# Six Steps to Reverse an Overdose



## Step One: Look



- Look and see if the person is unresponsive or unconscious and their body is limp
- Look and see if breathing is slow, shallow, or they are not breathing
- Look/listen to hear if the person is snoring, gurgling, or choking
- Look to see if fingers and/or lips are turning blue or gray

## Step Two: Check



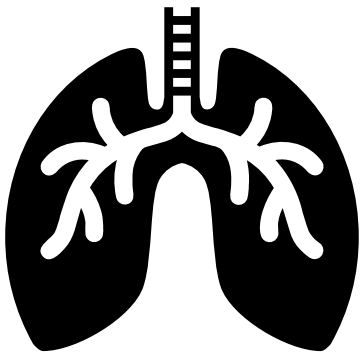
- Check to see if the person is breathing (chest will be rising/falling if so)
- Check near nose/mouth to hear if the person is breathing
- Shout and tap the person on the chest

### Step Three: Call



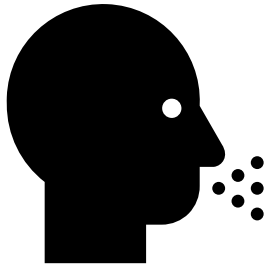
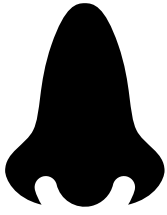
- Call 911 immediately and say, "someone isn't breathing, I think they may have overdosed on opioids, and I have Naloxone"

### Step Four: Breathe



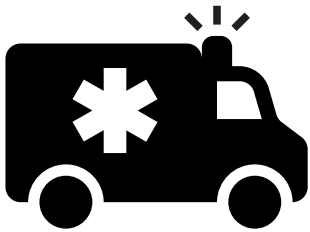
- Support the person's breathing with rescue breathing and chest compressions
- Clear the airway, make sure it is not blocked
- Tilt the head back, and pinch the nose closed
- Use your mouth to give the person 2 small breaths (chest should rise, but not the stomach)
- Continue chest compressions for 2 minutes
- Place heel of one hand over the center of person's chest
- Place other hand on top of firsthand, keeping elbows straight with shoulders directly above hands
- Use body weight to push down 2 inches, and do 100 compressions per minute

## Step Five: Spray



- Hold the device with thumb on bottom of plunger and two fingers around the nozzle
- Place the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose
- Press the plunger firmly with your thumb to release the naloxone into the person's nose
- Continue rescue breathing and chest compressions if necessary (it normally takes 1 minute for a dose to work, but after 2-3 minutes a second dose can be administered if there are no signs of life)

## Step Six: Stay



- Stay with the person until emergency medical services have arrived  
Roll the person on their side, ensuring that they will not choke

## NOTE



- Oregon has a law that protects anyone who administers naloxone in a good faith effort to reverse an opioid overdose