



Stronger Together NFP | P.O. Box 507, Graniteville, SC | 803-341-6533

Overdose Procedure/Plan

****IF SOMEONE IS EXPERIENCING A MEDICAL EMERGENCY, CALL 911 IMMEDIATELY****

Is someone overdosing? The most important thing is to act right away!

It is rare for someone to die immediately from an overdose – it is usually a slowish process that takes anywhere from a few minutes to a few hours. When people survive, it's because someone was there to respond.

If someone is overdosing, they will be 1) not breathing and 2) not responsive. Below are the immediate steps you want to take in the event of an opioid overdose.

If someone is not breathing (skin turning blue/gray, pinpoint pupils, deep gurgling sound) and not responsive, follow these steps. *You'll find more info on each of these steps below*

STEP 1. Stimulate them awake by yelling their name and administering a hard sternum rub to the chest plate.

STEP 2. If you have naloxone/Narcan, use it. Administer one dose every 2-3 minutes.

- Nasal: Stick the device all the way up one nostril and click the plunger, make sure the device is inserted fully (medication will absorb through the sinuses)

STEP 3. Call 911, explain someone is not responsive and not breathing

STEP 4. Provide rescue breathing

- Get the person on their back, tip their head back to straighten the airway, pinch their nose, put your mouth over theirs and form a seal, one breath every five seconds

STEP 5. When the person starts to breathe regularly on their own, roll them into a recovery position on their side

STEP 6. Be gentle with them and yourself afterwards!