



PLAY IT SAFE!



HOW TO RESPOND TO AN OPIOID/FENTANYL OVERDOSE WITH NALOXONE ACT FAST. YOU CAN SAVE A LIFE.



If you see any of these signs, they may be having an overdose. **CALL 9-1-1 IMMEDIATELY.**

SIGNS OF OVERDOSE:

• UNRESPONSIVE



• BLUE LIPS, SKIN, FINGERNAILS



• SLOW OR NO BREATHING



LESS THAN 7-10 BREATHS PER MINUTE

• VOMITING OR GURGLING



• PINPOINT PUPILS



*** STEP 1: CALL 9-1-1 ***

STEP 2:

CHECK BREATHING & RESPONSIVENESS



- Shout and shake to wake up

STEP 3:

LAY THEM ON THEIR BACK



- Tilt head back to open airways

STEP 4:

ADMINISTER NALOXONE



- INSERT INTO NOSTRIL AND PRESS TO RELEASE DOSE

EACH DEVICE = 1 DOSE

STEP 5:

START RESCUE BREATHING IMMEDIATELY



- 1 slow breath every 5 seconds
- Watch for chest rise
- If no pulse, apply CPR

STEP 6:

Give a new naloxone dose every 2-3 minutes if they don't respond



- RESUME AND REPEAT RESCUE BREATHING/CPR



If breathing improves, place them on their side in recovery position and remain with them until paramedics arrive.



Naloxone is safe even if opioids aren't present.



Naloxone wears off—person can stop breathing again. Repeat assistance steps if necessary.



Use a new device for each dose.



Naloxone potency can be affected by extreme temperatures. Store out of heat and direct sunlight.

Naloxone can reverse opioid overdoses in minutes. It's safe and easy to use—keep it in your first aid kit and plan to make the save.



Act fast. You can save a life. Learn how. Carry naloxone.



SCAN THE CODE

for free naloxone and other related resources.





PLAY IT SAFE!



UNDERSTAND NALOXONE, RESCUE BREATHING, AND HOW TO HELP

HAVE A GAME PLAN. ACT FAST. YOU CAN SAVE A LIFE.



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WHAT IS NALOXONE?

- Naloxone is a safe medication that can reverse an opioid overdose.
- It works by blocking opioids from attaching to receptors in the brain.
- It can restore normal breathing in 2-3 minutes.
- It is safe even if opioids aren't present.
- Naloxone wears off—the overdose can return. More than one dose may be needed.



WHAT IS RESCUE BREATHING?

- Rescue breathing is giving slow, steady breaths to someone who is not breathing enough.
- It helps get oxygen to their brain and body.
- Use it when the person is unresponsive and breathing slowly or not at all.
- Rescue breathing can save a life while you wait for help.

HOW TO GIVE RESCUE BREATHS

1 SLOW BREATH EVERY 5 SECONDS



1
TILT HEAD BACK
Tilt head back to open airways.



2
PINCH NOSE
Pinch their nose. Give a breath that lasts 1 second.



3
WATCH CHEST RISE
Look for chest to rise.



4
GIVE ANOTHER BREATH
Give another breath every 5 seconds.



5
CHECK FOR PULSE
Watch for chest rise. If no pulse, apply CPR.

Continue rescue breathing until the person starts breathing on their own or help arrives.



Call 9-1-1 immediately.



Give naloxone right away.



Start rescue breathing if they are not breathing normally. Stay with the person and keep them on their side in recovery position if they start breathing.



Give a new naloxone dose every 2-3 minutes if they don't respond.



Naloxone is safe and can reverse an overdose in minutes.



Keep naloxone in your first aid kit and plan to make the save.

GIVE A NEW NALOXONE DOSE EVERY 2-3 MINUTES IF THEY DON'T RESPOND



Act fast. You can save a life. Learn how. Carry naloxone.



SCAN THE CODE for free naloxone and other related resources.

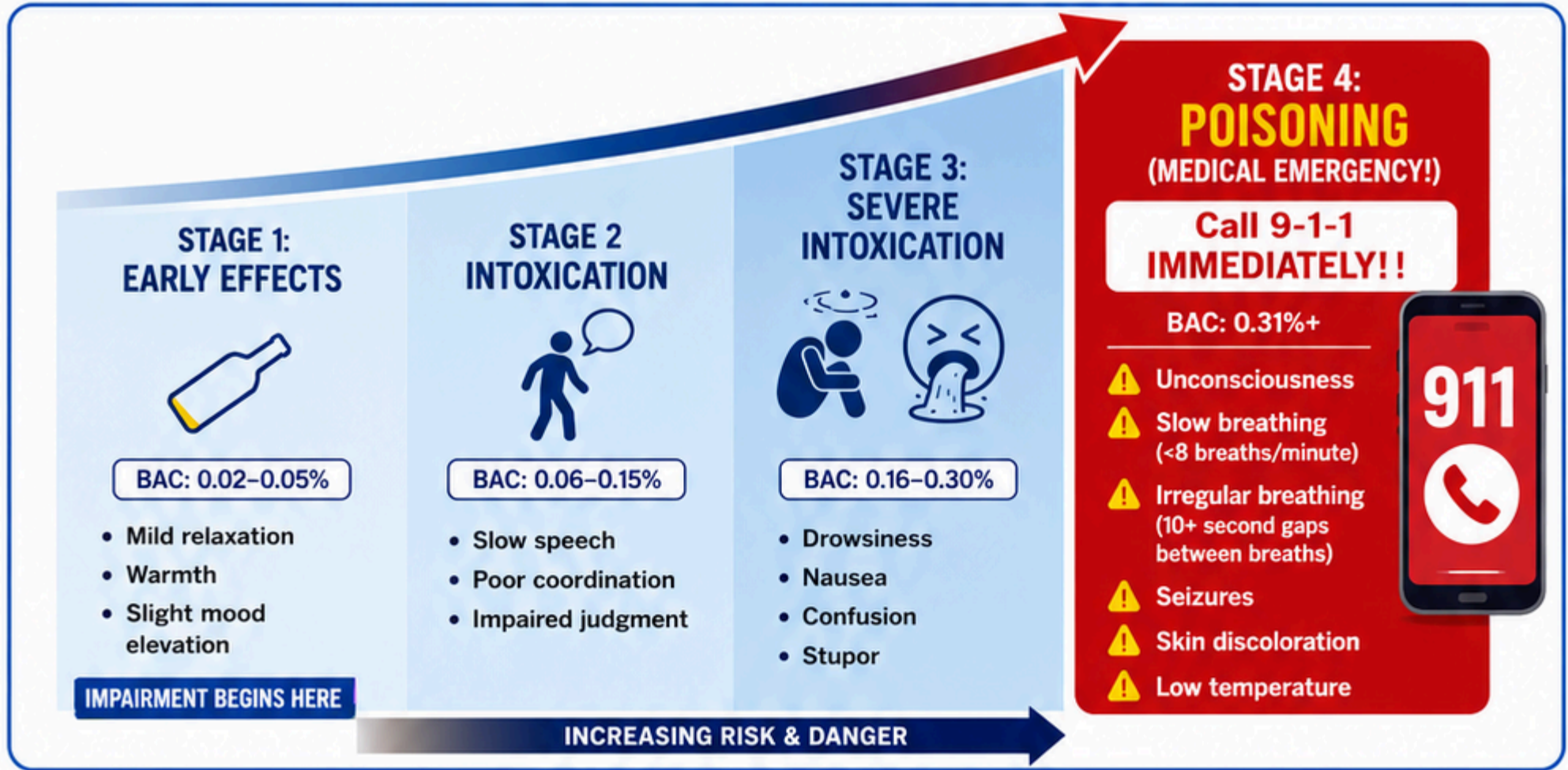




PLAY IT SAFE!



KNOW THE WARNING SIGNS OF OVERDRINKING AND ALCOHOL POISONING



IF SOMEONE HAS HAD TOO MUCH:

- CUT OFF**
Stop them consuming more
- NO DRIVING**
Do not allow them to drive
- KEEP AWAKE**
Stay with them
- PREVENT CHOKING**
Roll onto their side
- CALL 9-1-1**
Seek medical care

Alcohol poisoning can happen before someone passes out. Be alert to these signs and act quickly. No game is worth your life.

WHAT TO DO

- Call 9-1-1 immediately.
- Tell them what happened and how much they had to drink.
- Keep them awake and breathing. Stay with them.
- Do not give them anything else to drink.
- Keep them warm. Use a blanket if available.
- Be prepared to give CPR if they stop breathing.
- Give responders any information you can.

KNOW THE FACTS

- BAC (Blood Alcohol Concentration) is the amount of alcohol in your blood.
- Everyone reacts differently to alcohol.
- Risk increases with mixing alcohol with drugs or other substances.
- Hydrate and eat before and while drinking.
- Look out for your friends.

PLAN AHEAD. DRINK RESPONSIBLY. KEEP EACH OTHER SAFE.

SCAN THE CODE for more information and local resources.

Act fast. You can save a life. No game is worth your life.

If you see someone at risk, CALL 9-1-1 IMMEDIATELY.





PLAY IT SAFE!



UNDERSTAND IMPAIRED DRIVING

HAVE A GAME PLAN. ACT RESPONSIBLY. YOU CAN SAVE A LIFE.

WHAT IMPAIRS DRIVING?



ALCOHOL
Even a few drinks can impair judgment and slow reaction time.



MEDICATIONS
Some prescription and over-the-counter medicines can cause drowsiness.



DRUGS (INCLUDING THC)
Can affect coordination, judgment, and reaction time.



FATIGUE & STRESS
Being tired or stressed impairs focus and decision-making.

HOW DOES IMPAIRED DRIVING AFFECT YOU?



SLOWS REACTIONS
Delays your response to hazards.



CLOUDS JUDGMENT
Makes it harder to make safe decisions.



INCREASES RISK-TAKING
Leads to poor choices and dangerous behavior.



DECREASES COORDINATION
Affects control, balance, and motor skills.

LIFE ALTERING CONSEQUENCES



LEGAL ISSUES
DUI charges can result in fines, jail time, and a criminal record.



FINANCIAL LIABILITY
Court fees, increased insurance, and lawsuits can be costly.



LOSS OF LICENSE
You could lose your license and your independence.



RISK OF SERIOUS INJURY OR DEATH
One bad decision can change or end a life.

HAVE A GAME PLAN

MAKE ARRANGEMENTS AHEAD OF TIME



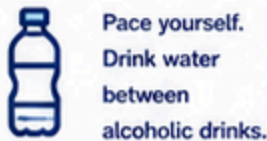
- Designate a sober driver before you go out.
- Use a rideshare, taxi, or public transportation.
- Stay where you are—don't drive.
- Keep emergency contacts handy.

BE A RESPONSIBLE HOST, BUSINESS, OR FRIEND



- Offer non-alcoholic drinks and food.
- Help your guests or friends plan a safe ride home.
- Don't let impaired friends or patrons drive—help them get home safely.

TIPS FOR AVOIDING IMPAIRED DRIVING



Pace yourself. Drink water between alcoholic drinks.



Know your limits. Everyone reacts differently to alcohol.



Look out for your friends. Take care of each other.



Give yourself time to sober up before driving.



Plan ahead every time—not just on big nights.



Buckle up. It's your best defense if you're in a crash.



No game is worth a life. Plan ahead. Drive sober. Keep yourself and others safe.



SCAN THE CODE for more information and local resources.





PLAY IT SAFE!



THE FACTS ABOUT HEAT STROKE AND EXHAUSTION

Texas summers can bring extreme temperatures.
Know the signs before it's too late.

YOU ARE AT RISK OF HEAT STROKE AND EXHAUSTION IF:



Have underlying health issues



Prolonged heat exposure



Drinking alcohol or using other substances



Engaged in physical activity



Not properly hydrated



Sweating excessively

YOU MAY BE EXPERIENCING HEAT STROKE AND EXHAUSTION IF:

HEAT EXHAUSTION: WARNING SIGN—BODY OVERHEATING



Excessive sweating



Headaches, dizziness, fainting



Nausea, vomiting

HEAT STROKE: MEDICAL EMERGENCY—CALL 911



Hot, dry skin (no sweat)



Confusion, altered mental state



Seizures

WHAT YOU CAN DO TO STAY SAFE

DRESS APPROPRIATELY

Wear clothes that are:

- Light-colored (white, etc.)
- Loose fitting
- Light-weight



If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

TAKE BREAKS AND DRINK WATER



- Take frequent breaks out of the heat and sun
- Drink 1 cup of water every 15–20 minutes when active in heat
- Do not wait until you are thirsty to drink water
- Alcohol and caffeine increase dehydration and reduces heat regulation



Heat stroke is not a game.
It's a medical emergency.

CALL 911
in a heat emergency.



Wear appropriate clothing.



Drink water regularly.



Take breaks in the shade.



Know the signs. Act fast. Save a life.

