

# inspired

[to make healthy choices]

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## Overdose Prevention

### SIGNS OF A DRUG OVERDOSE

- Unresponsiveness
- Loss of consciousness
- Breathing is slow, shallow or has stopped
- Pinpoint pupils
- Gaspings, gurgling or choking sounds
- Slowed heartbeat/pulse
- Skin tone turns pale, blue or gray
- Body is limp
- Vomiting
- Inability to talk

### WHAT TO DO IN AN OVERDOSE EMERGENCY

- Check for signs of an overdose
- Administer Naloxone\*
  - Tilt the person's head back, fully insert the nasal spray device into one nostril and firmly click the plunger. If you have additional Naloxone, repeat this step every 2-3 minutes.
- Call 911
- Give rescue breaths if they are not breathing normally
- Stay until help arrives
  - Move the person on to their side to prevent choking

\* Naloxone is a medication that temporarily stops the effects of opioids and helps a person resume breathing after an opioid overdose. In Georgia, you can purchase naloxone from your pharmacy without a prescription from your doctor. Local health departments and community-based organizations may be able to assist you in getting naloxone at little to no cost. (Georgia DPH)

### HOW TO ADMINISTER NASAL NALOXONE:

**1. PEEL** off the back of the package to remove the device.

**2. LAY** the person on their back, face up. Make sure their head is straight.

**3. HOLD** the device in one hand. Place your thumb on the bottom of the plunger and your index and middle fingers on the base of either

**4. PLACE** the tip of the nozzle into one nostril until your fingers touch the bottom of the person's nose. Hold the device steady, firmly press the plunger with your thumb.

**5. PUT** the person in a "recovery position." Roll them on their side, with their head resting on their hands and one knee bent out to the side to prevent them from rolling onto their stomach.

**6. CALL 911.** If there is no reaction after 2-3 minutes, give a second dose.

The Georgia 9-1-1 Medical Amnesty Law offers protection for people who call 911 and seek medical assistance for someone experiencing a drug or alcohol-related overdose.

