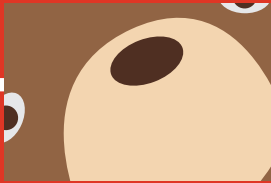


# TAKE ACTION AND SAVE A LIFE.

PLEASE BE SAFE. IF SOMEONE IS UNCONSCIOUS, DON'T BE AFRAID.

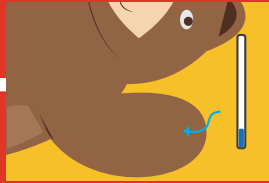
## HOW TO TELL IF SOMEONE IS OVERDOSING



NOT BREATHING OR SHALLOW BREATHING



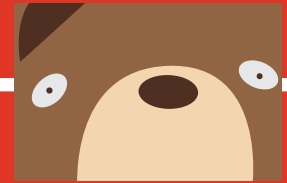
GURLING SOUNDS OR SNORING LOUDLY



SKIN FEELS CLAMMY AND COLD



LIPS AND NAILS ARE BLUE



PUPILS ARE PINNED

## WHAT TO DO



SHAKE + SHOUT



GIVE NALOXONE



CHECK AIRWAYS



RESCUE BREATHING + RECOVERY POSITION



CALL 911



DON'T LEAVE

### RECOVERY POSITION



Head should be tilted back slightly to open airway

Hand supports head

Knee stops body from rolling onto stomach

### RESCUE BREATHING



- 1 Place person on back
- 2 Tilt up chin to open airway
- 3 Check to see if there is anything in mouth, if so clear it
- 4 Pinch nose, do mouth-to-mouth, give two breaths
- 5 After 5 seconds, breathe again
- 6 Give a breath every 5 seconds

## WE ARE AT RISK FOR OVERDOSE WHEN WE:

- USE FENTANYL
- MIX OPIATES WITH ALCOHOL & BENZOS
- USE OPIATES WHEN WE GET OUT OF DETOX OR JAIL
- USE ALONE

TO DOWNLOAD THIS POSTER AND ADD YOUR PROGRAM INFO, VISIT [ANTIDOTED.ORG](http://ANTIDOTED.ORG)

© 2019 HOMELESS HEALTH CARE LOS ANGELES