



NALOXONE CAN SAVE A LIFE!

What You Need to Know About Naloxone:

- It is a medication used to temporarily reverse the effects of an opioid overdose
- It is not harmful if given to someone who is not overdosing from taking opioids or not overdosing at all
- It has no drug interactions and no lethal dosage limit
- It can NOT cause an overdose and is NOT addictive
- It wears off in 30 to 90 minutes, so the overdose can come back

You can get Naloxone directly from a pharmacy or community-based organizations.

For more information, go to the Safe and Active Communities Branch at www.cdph.ca.gov.

If you, a loved one, or someone you know needs treatment, call us anytime, 24 hours a day, 7 days a week.

SUBSTANCE ABUSE SERVICE HELPLINE

 **1.844.804.7500**

Treatment Works
and Recovery
is Possible!

SAPC | Substance Abuse
Prevention and Control



County of Los Angeles
Public Health



You Can
Save a
Life!

OVERDOSE
FIRST AID



COUNTY OF LOS ANGELES
Public Health

How to Recognize
and Respond to an
Opioid Overdose

●●● Signs someone may be overdosing:

Not breathing or shallow breathing



Gurgling sounds or snoring loudly



Skin feels clammy and cold



Cannot be awakened or cannot speak



Lips and nails are blue



Pupils are pinpoint



●●● What to do:



Shake and shout



CALL 911



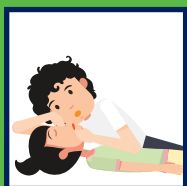
If no response, spray the full dose of naloxone into one nostril



If no response after 2-5 minutes, give a second full dose in the other nostril



Check for breathing



Rescue breathing and recovery position



Wait with them until help arrives

●●● Rescue Breathing:

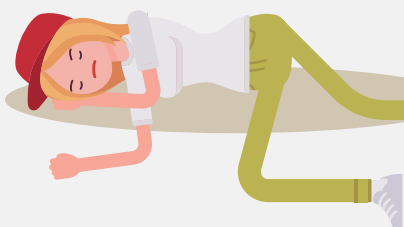


- 1 Place person on back
- 2 Tilt up chin to open airway
- 3 Check to see if there is anything in mouth, if so clear it
- 4 Pinch nose, do mouth-to-mouth, give two breaths
- 5 After 5 seconds, breathe again
- 6 Give a breath every 5 seconds

●●● Recovery Position:



- 1 Turn person onto their side
- 2 Head tilted back slightly to open airway



- 3 Hand supports head
- 4 Knee stops body from rolling into stomach