



## 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](http://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**



**Discolored skin (especially in lips and nails)**



**Pupils are pinpoint**



## ●●● What to do:



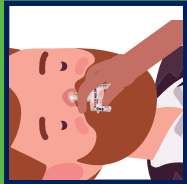
**Shake and shout**



**CALL 911**



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



**If no response after 1-2 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:

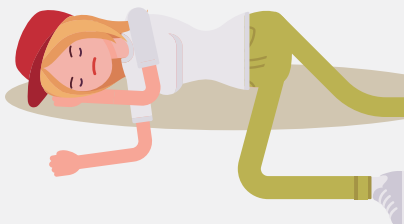


- 1 Place person on back
- 2 Tilt up chin to open airway
- 3 Check to see if there is anything in mouth, if so clear it
- 4 Pinch nose, do mouth-to-mouth, give two breaths
- 5 After 5 seconds, breathe again
- 6 Give a breath every 5 seconds

### ●●● 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