

• YOU CAN SAVE A LIFE •

KNOW THE SIGNS OF OVERDOSE



PINPOINT PUPIL

Very small pupil, that does not respond to light or movement.



IRREGULAR BREATHING

Can either sound like a snore, be very faint, or non-existent



SEIZURES

Uncontrollable body tremors



CLAMMY SKIN

Skin may be cold and clammy.



BLUE LIPS

Lips and or fingertips may be blue or gray depending on skin tone



UNRESPONSIVE

The person may be completely unresponsive, incoherent, or passed out

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HOW TO USE NARCAN



TRY TO WAKE THEM

Yell and ask the person if they are okay or if they need help



STERNUM RUB

Take your fist and rub the persons chest/breastbone in a circular motion for 15 seconds



CALL FOR HELP

Call 911 and let them know there is a person that is unresponsive, and your location



ADMINISTER NARCAN

Place the nozzle in either nostril and push the plunger upward. A mist of Narcan should spray. Wait at least 1 minute before giving the second dose



RESCUE BREATHS

Place the person on their back. Tilt their chin up. Plug their nose with one hand. Blow enough air into their lungs to make their chest rise. Breathe again. Give one breath every 5 seconds.

CRISIS INTERVENTION REFERRAL LINE

410-433-5175

Call our 24/7 hotline if you or a loved one needs assistance finding treatment/support options