**Symptoms of an overdose:**
1. Slow and shallow breathing.
2. Very sleepy and unable to talk, or unconscious.
3. Skin color is blue or grayish, with dark lips and fingernails.
4. Snoring or gurgling sounds.

**If there are symptoms of an overdose:**
1. Gently tap, shake, and shout at the person to get a response. If there is still no response, rub knuckles on the breast bone.
2. If the person responds, keep them awake.
3. Call 911.

**If you get little or no response:**
1. Call 911.*
2. If their breathing is shallow or non-existent, or if the skin color is blue or grayish, with dark lips and fingernails, perform mouth-to-mouth rescue breathing by tilting head back and lifting up chin until mouth opens, clearing airway. Give two quick breaths to start and then a strong breath every 5 seconds.
3. If the person no longer has a heartbeat (pulse), continue to perform rescue breathing. Perform CPR by pushing hard on the chest bone at a rate of 100 times per minute.
4. Stay with the person. If you have to leave the person alone or vomiting occurs, place the person in the recovery position – on their side, hand supporting the head, mouth facing downward, and leg on the floor to keep the person from rolling onto stomach.

*If you have access to naloxone (also called Narcan® – a medication that can rapidly reverse the overdose of opioids), administer it according to the package instructions, in addition to calling 911.

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If you or a family member is facing a substance abuse or mental health issue, call the Substance Abuse and Mental Health Services Administration at 1-800-662-HELP (4357).