

In the blink of an eye. An opioid overdose response guide.

Know the Signs:



**Unconscious
or unable to
wake up**



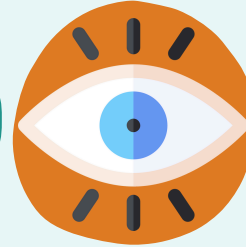
**Slow,
shallow,
or no
breathing**



**Vomiting
or
gurgling
sounds**



Limp body



**Pinpoint
pupils**



**Pale, blue, or
cold skin
(especially
lips and
fingernails)**

How to Respond:

1

Try to wake the person up. Shake them and shout. If no response, grind your knuckles into their breast bone for 5-10 seconds.

2

Call 911. Provide them with as much information as possible including the person's condition and exact location.

3

Administer nasal Narcan (Naloxone). Tilt the person's head back, insert the nozzle into one nostril, and press the plunger.

4

If trained, perform CPR if the person is not breathing.

5

Administer another dose of Narcan after 2-3 minutes if the person is still not responding. Stay with them until first responders arrive*.



DCHHS
Dallas County Health and Human Services

Healthy People Healthy Communities
Health and Social Equity

*Scan to learn about the
Texas Good Samaritan
Law and who is protected