The 5 Most Important Steps

### Look for Signs of Opioid Overdose

- **Unconsciousness**
- **Slow or shallow breathing**
- **Fingernails turning blue or purple**
- Try grinding knuckles into sternum (breastbone) to wake them up

### Call 911 For Help

- **A person experiencing an overdose needs immediate attention**
- Call 911 for help right away
- **Someone is unresponsive and not breathing**

### Administer Naloxone

- **Administer the first dose of naloxone**
- Wait 2–3 minutes
- **Administer second dose of naloxone, if no response**
- For larger quantities or fentanyl-involved overdoses may take more doses

### Support the Person’s Breathing

- Be sure the airway is clear
- Tilt the head back and pinch the nose closed
- Place your mouth over the person’s mouth and give 2 slow breaths
- Follow with 1 breath every 5 seconds

### Monitor the Person’s Response

- **Individuals should be monitored for at least 4 hours after an overdose by medical professionals**
- **A person can go back into an overdose after the first dose of naloxone wears off in 30–90 minutes**

### Opioid Overdose Reversal

- **Use of naloxone is critical**
- Naloxone can reverse opioid overdose symptoms
- Naloxone is a competitive antagonist of opioid receptors
- Naloxone does not reverse the effects of other drugs

### Additional Information

- **Fingernails turning blue or purple**
- **Slow or shallow breathing**
- **Unconsciousness**
- **Administer naloxone**
- For larger quantities or fentanyl-involved overdoses may take more doses
- **Be sure the airway is clear**
- **Tilt the head back and pinch the nose closed**
- **Place your mouth over the person’s mouth and give 2 slow breaths**
- **Follow with 1 breath every 5 seconds**
- **Oral administration**
- **Nasal administration**

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**Source:** SAMHSA Opioid Overdose Prevention Toolkit, 2018