

**What NOT to do  
during an Overdose**

**STEPS to respond to  
an Overdose**

**Don't** leave them alone

**STEP 1** – CALL 911

**Don't** throw water or ice on them

**STEP 2** – Check for signs of an overdose

**Don't** try walking them around

**STEP 3** – Support the person's breathing  
Rescue Breathing

**Don't** inject them with anything (salt, water, etc.)

**STEP 4** – Administer naloxone and monitor the response of the person

**Don't** put them in the shower

**STEP 5** – Stay With The Person Until 911 Arrives

**Don't** force them to eat drink

**Don't** let them “just sleep it off”

**IF AN OVERDOSE IS NOT TREATED, A PERSON MAY:**

- Go into respiratory distress
- Stop breathing
- Develop pulmonary edema (water in lungs)
- Have convulsions (due to lack of Oxygen)
- Die



**PREVENTION COALITION  
OF MERCER COUNTY**

**Need help finding a treatment provider?**

Addictions Access Center 1-844-276-2777

New Jersey Helpline 1-844-ReachNJ 732-2465

**NJ Substance Abuse Treatment Directory**

**National Directory**

www.findtreatment.gov



**Telephone Recovery Services**

1-833-825-5877

**Self Help Groups for Families**

**NAR-ANON FAMILY GROUPS**

www.nar-anon.org

**FAMILIES ANONYMOUS**

www.familiesanonymous.org

**Mercer County Family Support**

https://mercerfso.org/

**THE ADDICT'S MOM** addictsmom.com

**LEARN TO COPE** www.learn2cope.org

**FAMILIES AGAINST ADDICTION**

familiesagainstadddiction.org

**FAMILY ADDICTION NETWORK**

www.familyaddictionnetwork.org

**PARENT-TO PARENT**

www.parent2parentnj.org

**Grief Recovery After a Substance Passing**

GraspHelp.org

**High or Overdose**

**High**

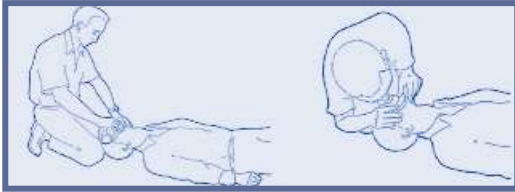
**Overdose**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Pupils will contract and appear small</li> <li>• Muscles are slack and droopy</li> <li>• Scratching, feeling itchy</li> <li>• Speech may be slurred</li> <li>• They might be nodding out but responsive to outside stimulus like loud noise or light shaking</li> </ul> | <ul style="list-style-type: none"> <li>• Slow or no breathing</li> <li>• Cold, clammy, bluish skin</li> <li>• Pinpoint pupils</li> <li>• Slow or no breathing</li> <li>• Reduced body temperature</li> <li>• Drowsiness</li> <li>• Non-responsive to outside stimulus</li> <li>• Nausea &amp; vomiting</li> </ul> |
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1931 Brunswick Avenue,  
Lawrence Township, NJ 08648  
Phone: (609) 396-5874  
Fax: (609) 396-3451  
www.mercercouncil.org

## Rescue Breathing



1. Place the person on their back.
2. Tilt their chin up to open the airway.
3. Check to see if there is anything in their mouth blocking their airway, such as gum, toothpick, pills, syringe cap, etc.
4. Plug their nose with one hand.
5. Give 2 even regular-sized breaths.
6. Blow enough air into their lungs to make the chest rise. If you do not see their chest rise out of the corner of your eye, tilt the head back more and make sure you are plugging their nose.
7. Give one more breath.
8. Then give one breath every 5 seconds.

## Narcan FAQ

- Reverses an opioid overdose.
- It cannot be used to get high and is not addictive.
- Opioids can slow or stop a person's breathing, which causes death. It knocks the opioids off of the opiate brain receptors.
- Narcan® helps the person wake up and keeps them breathing.

**How is it administered?** Nasal spray or injection.

**Should 911 be called?** YES. Always call 911.

**Can anyone get arrested if they are overdosing and seek medical help?**

They cannot be arrested for simple possession. The police cannot search the house without a search warrant. Drugs and paraphernalia in plain view will be confiscated, but this will not result in charges.

However, if there is evidence of large amounts of drugs or other evidence of signs of drug distribution, charges may be filed.

**How long does it take for Narcan® to work?**

Narcan® acts in 2-5 minutes. If the person doesn't wake up in 5 minutes, give a second dose.

**Rescue breathing** should be done while you wait for the it to take effect so the person gets oxygen to their brain.

**Call free Narcan Training 1-877-4NARCAN**

**Will Narcan® work on other drugs? NO.** If the person has used multiple drugs (including alcohol), they are still in medical danger of an overdose. It will work on the opioids only. It will not cause physical harm if administered to a person who has not taken any opioids.

### Tips when calling 911

- A) Tell the paramedics exactly where you and person are (give as much information as possible & **be as specific** as possible)
- B) When speaking with the dispatcher on the phone, **keep it simple**: “The person is not breathing, turning blue, unconscious, non-responsive, etc.”
- C) When the paramedics arrive, it is important to give them as much information as possible; tell them what you know about
  - what drugs the person may have been using,
  - when they used them,
  - whether naloxone was administered

*Remember* – the paramedics’ main goal is to address the health of the individual and respond to the medical emergency.