



## Recognize and Respond to an Opioid Overdose

Someone may have overdosed if they:

- have infrequent or stopped breathing
- are unresponsive to stimuli
- have slow or no heart rate and/or pulse
- have deep snoring or gurgling
- have pale or clammy skin. For lighter skinned people, the skin tone turns bluish purple; for darker skinned people, it turns grayish or ashen.



1

Check for responsiveness.



2



Call 911.

3



**Administer naloxone.**

**Begin rescue breathing until help arrives. Give 1 breath every 5 seconds.**

4



## Recovery Position

If the person begins breathing on their own, or if you have to leave them alone, put them in the recover position.



- Head tilted back slightly
- Hand supports head
- Knee stops body from rolling onto stomach

**Learn more about naloxone, and find additional resources.**



**DBHDS** 

Virginia Department of Behavioral Health  
and Developmental Services



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