How to Recognize an Overdose

Common signs to look out for

Slow breathing
A person may have very slow, shallow breaths, make gurgling noises, or stop breathing.

Trouble waking up or remaining unresponsive
A person may be awake but unable to talk, or may not respond when you try to wake them up.

Changes to skin tone
Their skin tone can turn grayish or ashen to bluish purple.

Call 911, give naloxone, and support breathing if the person doesn’t respond.

What to do next?

For information and resources about recognizing an overdose, visit PreventOverdoseRI.org/respond
How to Respond to an Overdose

**Check for responsiveness**
Call their name and rub the middle of their chest with a closed fist.

**Call 911**
The Good Samaritan Law provides certain legal protection, whether you have drugs on you or not.

**Give naloxone**
Follow the directions for nasal or intramuscular naloxone kits.

**Support breathing**
If the person is breathing again but is still sedated, they don't need more naloxone. If the person is not breathing, start CPR as directed by 911.

**Recovery position**
If you can't stay to wait for help or if breathing is restored, put the person on their side supported by a bent knee.

For information and resources about responding to an overdose, visit PreventOverdoseRI.org/respond