



Unconscious or
falling asleep



Slow or shallow
breathing



Unresponsive
with gurgling or
choking sounds



Blue-purple lips
and gums



Blue-purple
or ash-gray
skin tone

You can save a life.
**KNOW THE SIGNS
OF AN OVERDOSE.**

NIH
HEAL
INITIATIVE

HEALing Communities Study
Massachusetts

HOW TO HELP SOMEONE WHO'S OVERDOSED

1. Call 911.

Say "someone isn't breathing."

2. Give naloxone (Narcan®).

Spray 1 time in the nose. Wait 3 minutes. If it works, turn the person on their side. If no response, spray again.

3. Give breaths/CPR.

If no response to naloxone, make sure mouth is clear. Tilt head back, lift chin, and pinch nose. Give 1 breath every 5 seconds. Give CPR if you've been trained. Continue until help arrives.

4. Stay until help arrives.

The Massachusetts Good Samaritan Law protects victims—and anyone who calls 911 for help.

DON'T USE ALONE

Call the MA Overdose Prevention Helpline at 1-800-972-0590 to talk to a peer while you're using substances. You never have to worry about using alone. Free and confidential.



REAL RECOVERY.

Scan the QR code to find FREE
naloxone and fentanyl test strips.
boapc.org/get-help