

## Overdose Response: SAVE ME

- ❖ **Stimulate:** Speak loudly, rubbing sternum & pinching skin. Unresponsive? Call 911.
- ❖ **Airway.** Check airway; tilt head and lift chin to open.
- ❖ **Ventilate.** 1 breath every 5 seconds, using CPR mask. If their heart has stopped, administer CPR to tune of “Staying Alive” (100 compressions/minute)
- ❖ **Evaluate.** Are they now breathing?

## Overdose Response: SAVE ME (cont.)

- ❖ **Medication.** 1 dose naloxone (spray in nostrils or direct IM dosage) & write down time.
- ❖ **Evaluate & support.** Naloxone takes 2-5 minutes to work. Wait 3-5 minutes while continuing rescue breaths (approximately 40.) If no change, administer second naloxone dose.

## How to Recognize an Opioid Overdose

- Not moving & not responsive to attempts to awaken
- Slow, erratic, or no breathing (under 10 breaths/minute)
- Slow, erratic, or no heart rate (under 50 beats/minute)
- Tiny, “pinpoint” pupils
- Blue/gray lips & nailbeds
- Cold, clammy skin

### Recovery position



If you have to leave the person unattended to seek help, place in recovery position. Naloxone only temporarily reverses an overdose, and wears off within 20-90 minutes. They can still overdose. Stay with the person until EMTs arrive. Request help from other staff or bystanders if needed.