HOLD OUT THE LIFELINE • HOLIDAY OPIOID PREVENTION

WEEK 3 • MID-DECEMBER

Be Prepared to Save a Life

Naloxone Awareness & Overdose Response

HOLD OUT THE LIFELINE:
A MISSION TO FAMILIES

One caring conversation and one practical step can help keep our families safe this holiday season.

1 Recognize an opioid overdose.

Signs include inability to wake up, very slow or absent breathing, and unusual snoring or gurgling.

2 Call 911 immediately.

An overdose is a medical emergency. Do not wait to ask for help.

3 Give naloxone.

Administer naloxone (Narcan) if available; additional doses may be necessary.

4 Support breathing.

Follow 911 dispatcher instructions for CPR or rescue breathing.

5 Stay until help arrives.

Remain with the person and place them on their side if breathing normally but unresponsive.

Action step: Ask your local health department where to obtain naloxone.

Prepared families can save lives.

"Each One Can Reach One."

Emergency: 911 • SAMHSA National Helpline: 1-800-662-HELP (4357)

803-401-5307 www.hotlifeline.org @hotlifeline