

What Does It Mean to Overdose?

An overdose means having more of a drug or combination of drugs than your body can cope with. All drugs can cause an overdose, including prescription medication prescribed by a doctor. It is important to know what drugs should not be mixed, and seek help if you feel you are not in control of your drug use.

An overdose is a medical emergency that requires immediate medical attention. Always call an ambulance if you suspect someone has overdosed.

What Does an Overdose Look Like?

If you can't get a response from someone, don't assume they are asleep. Sometimes it can take hours for someone who has overdosed to die.

Signs to look for include:

- Shallow or no breathing
- Can't wake them up
- Unusual snoring/ gurgling sounds
- Skin looks bluish or gray
- Fingertips or lips look dark (blue/purple)
- Unresponsive to stimuli

Don't Be Afraid to Call 911

Good Samaritan Law

As of April 2013 in North Carolina, if you seek help for someone who is overdosing, you and the victim cannot be prosecuted for possession of small amounts of drugs, or paraphernalia. An underage person reporting alcohol overdose

also can't be prosecuted for underage possession or consumption of alcohol.

Overdose? What Should You Do?

Check for vital signs

- Alert: Call their name. Rub knuckles on their sternum or upper lip.
- Breathing: Is it noisy? Shallow? Slow? Stopped? Strange snoring?
- Color: Blue or gray or ashen lips or fingertips

Call 911 if you get no response

- Tell operator your location and stay on the line. Follow any directions given for rescue breathing.
- Stay with the person until help arrives.

If you have naloxone/narcan, use it

- Read the directions for the naloxone before you have to use it.
- Follow the directions and administer naloxone.
- Continue rescue breathing.
- If there has been no response after 3-5 minutes, give another dose of naloxone.

What Not to DO!

Do **NOT** leave the person alone.

Do **NOT** give the person anything to eat, or drink or try to induce vomiting.



Take Correctly, Store Securely, Dispose Properly, Never Share™

