

# 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.



### What to do next?

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

For information and resources about recognizing an overdose, visit [PreventOverdoseRI.org/respond](https://PreventOverdoseRI.org/respond)

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# 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.



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