GET RECOVERY SUPPORT

ANCHOR COMMUNITY RECOVERY CENTERS

PEER-TO-PEER SUPPORT SERVICES
www.anchorrecovery.org
249 Main Street, Pawtucket, RI 721-5100
890 Centerville Road, Warwick, RI 615-9945

Telephone recovery support and recovery specialists available every day.

For additional resources call the Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals at 462-4680 or visit
http://www.bhddh.ri.gov/sections/opioid_use_disorders.php
www.preventoverdoseri.org

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STEP 1: IDENTIFY OVERDOSE

If someone is not breathing or is struggling to breathe, call his or her name and rub your knuckles on the chest.

Other signs that may help you identify an overdose are:
- blue or pale skin
- small pupils
- low blood pressure
- slow heart beat
- slow or shallow breathing
- snoring sound
- gasping for breath

STEP 2: ENSURE EMS IS ON THEIR WAY

Get medical help as quickly as possible.

STEP 3: GIVE RESCUE BREATHS

- Make sure nothing is in the person’s mouth blocking the airway.
- Place one hand on the chin and tilt the head back.
- With the other hand pinch the nose closed.
- Administer two slow breaths and look for the chest to rise.
- Continue administering 1 breath every 5 seconds until the person starts breathing on his or her own.
  - Continue this for at least 30 seconds.
  - If the person is still unresponsive, administer Narcan (naloxone).

STEP 4: GIVE NARCAN

Follow the instructions on the naloxone package insert. While preparing the naloxone for administering, continue giving rescue breaths.

STEP 5: STAY UNTIL MEDICAL HELP ARRIVES

Naloxone can make someone enter withdrawal.
They can also go back into overdose if they took a long-acting opioid.
Repeat doses of naloxone may be needed.

STEP 6: MAKE SURE FAMILY AND FRIENDS KNOW HOW TO ACCESS TREATMENT AND RECOVERY