

# How to **RECOGNIZE** an Opioid Overdose



Not responsive



Lips and fingertips  
may be blue



Snoring or gurgle noise  
while nodding out



Vomiting



Can't be woken up



When it comes to  
helping someone  
who is overdosing,  
your choice matters.  
**Choose to help.**

**To obtain Narcan**, please visit your local CVS, Walgreens Pharmacy, or call the AIDS Support Group of Cape Cod: **(508) 778-1954**

For an online **Overdose Prevention and Bystander Training Course** visit: [www.mychoicematters.net/narcantraining](http://www.mychoicematters.net/narcantraining)

# How to **RESPOND** to an Overdose

You can keep  
a person alive  
by following  
these steps



## Try to wake person up

Rub the middle of their chest  
with a closed fist



## Start Rescue Breathing

Make sure their mouth is not  
blocked, pinch their nose,  
and breathe every 4 seconds



Continue until help arrives  
or they start breathing  
on their own.

## Recovery Position

If you must leave, put the person on their side with their body  
supported by a bent knee. This will help keep their airway  
clear and stop them from choking if they throw up.



## Massachusetts Good Samaritan Law

protects those who have overdosed and those who call 911 for help from arrests, prosecution, and conviction for possession or use of controlled substances with the exception of outstanding warrants and selling/distributing controlled substances.