



A GUIDE TO

# OVERDOSE FIRST AID

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# Overdose

*Overdoses claim many lives on a daily basis. However, the proper tools and treatment can save a life and make sure a person is not at risk of another overdose.*

If you witness someone experiencing an overdose, give first aid and call 911 immediately.

If the person is experiencing an opioid overdose and you have pre-filled naloxone on hand, you can administer the medicine while waiting for the emergency medical professionals.

## What to Do

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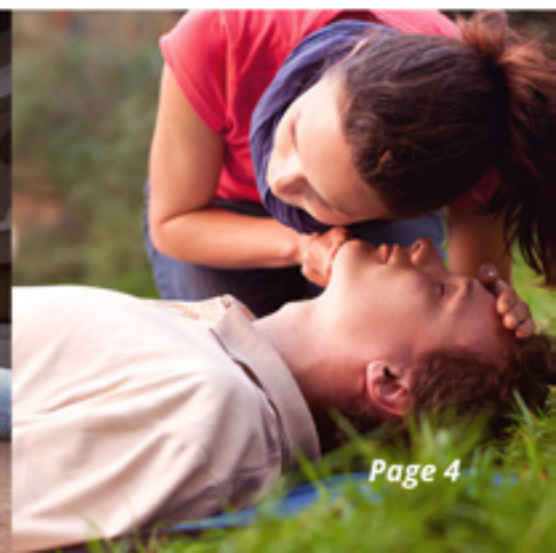
While waiting for the emergency services, you can provide first aid to the person:

- Check the patient's airway, breathing and pulse.
- If the person is not breathing, perform CPR.
- If the person is unconscious but breathing, place them in recovery position\*.
- If the person is conscious, loosen their clothes, keep the person warm and reassure them.
- Treat the person for signs of shock, which include weakness, bluish lips and fingernails, clammy skin, paleness and decreasing alertness.
- If the person experiences seizures, provide first aid for convulsion.
- Monitor the person's pulse, rate of breathing and blood pressure until the emergency services arrive.
- Collect all pill bottles and record any medications or details that can help the emergency medical personnel determine the type of overdose.

# Recovery Position

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- While the person lies on their back, kneel at their side.
- Place the arm nearest to you at a right angle to their body, with their hand upward toward the head.
- Tuck their other hand under the side of the head where the other hand lies.
- Bend the knee farthest from you so that their foot is flat on the floor.
- Gently pull the bended knee toward you so that they roll over on their side.
- The top arm should support the head while the bottom arm will stop you from rolling them too far.
- Raise their chin to tilt their head back so that it opens their airway.







## What NOT to Do

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- If the person is violent or exhibiting unpredictable behaviors, call for professional assistance.
- Do not try to reason with the person overdosing.
- Do not judge the person to whom you are providing first aid.

## Sources

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National Health Service. (2016, January 8). First aid - Recovery Position. Retrieved from <http://www.nhs.uk/Conditions/Accidents-and-first-aid/Pages/The-recovery-position.aspx>

National Library of Medicine. (2014, July 22). Drug Abuse First Aid. Retrieved from <https://www.nlm.nih.gov/medlineplus/ency/article/000016.htm>