

SIGNS OF OVERDOSE



Slow or irregular breathing



Pinpoint size pupils



Blue or purple fingernails or lips



Unresponsive to voice or touch



Slow or irregular heartbeat



Pale, clammy skin

Reduce the risks of drug poisoning

Fentanyl is involved in most adverse drug events. Assume Fentanyl is in any drug you take.

Start slow and low to see how it affects you.

Mixing drugs and alcohol can increase the chances of poisoning.

Don't use alone.



CITY OF BANGOR

DEPARTMENT OF
PUBLIC HEALTH AND
COMMUNITY SERVICES

bangorpublichealth.org



SAVE A LIFE

How to Respond to an



Opioid Overdose



Try to wake the person.

Shake their shoulders.
Shout their name.
Look for skin changes.



Call 911.



Give Narcan (naloxone)

even if you aren't sure it is
an overdose.



Provide rescue breaths.

No Narcan? Rescue breathing will still help!



Is it working? It is important to wait 2-3 minutes between doses. If breathing does not return to normal after 2-3 minutes, give more naloxone. Continue rescue breaths. If you can't stay with the person, put them in the recovery position.

For more Narcan and other resources contact:

OPTIONS Liaison
optionsreferrals@chcs-me.org
207-991-1162