How to Recognize an Overdose

Know the Signs

Breathing slowly
A person may move slowly, have shallow breath, make gurgling noises, or stop breathing

Can’t be woken up
They may be awake but unable to talk or may not respond when you try to wake them

Turning blue
They could look very pale or have blue fingernails and lips

What to do next
Call 911, give naloxone, and begin rescue breathing if the person doesn’t respond