



A GUIDE TO

OVERDOSE FIRST AID

TABLE OF CONTENTS

Table of Contents	2
What to Do	3
The Recovery Position	4
What NOT to Do	5
Sources	6

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.

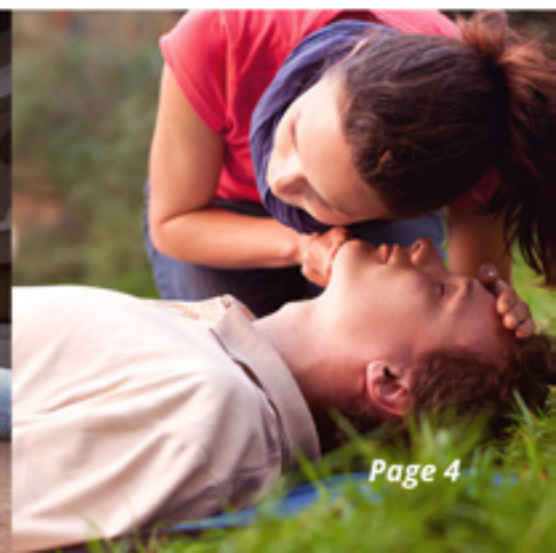
What to Do

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

- 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

- 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

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>