

# Know the Signs of an Opioid Overdose

Understand How to Get Help

“ He probably thought he was in control, but he wasn't. We lost RJ to a prescription opioid overdose. ”

—Teresa

CDC Rx AWARENESS CAMPAIGN



“My brother didn’t recognize who I was. And that was pretty scary for me.” –Teresa

## Know the signs of an opioid overdose

- Pinpoint pupils
- Slow, shallow breathing or no breathing at all
- Noises like loud snoring, choking, or gurgling
- Limp body
- Unresponsiveness or unconsciousness
- Pale, blue, or cold skin

## If you suspect someone is overdosing

- Call 911 immediately.
- Administer naloxone if available.
- Try to keep the person awake and breathing.
- Lay the person on their side to prevent choking.
- Stay with him or her until emergency workers arrive.

**Learn how naloxone can reverse the effects of an opioid overdose when administered in time at [cdc.gov/RxAwareness/Prevent](https://www.cdc.gov/RxAwareness/Prevent).**

Call SAMHSA’s National Helpline at **1-800-662-HELP** or visit **[cdc.gov/RxAwareness/Treatment](https://www.cdc.gov/RxAwareness/Treatment)** to learn more.