

# YOU NARCAN SAVE LIVES



## SIGNS OF AN OPIOID OVERDOSE



### ..... **TROUBLED BREATHING**

- SLOW, SHALLOW BREATHS
- SNORING SOUNDS
- GASPING FOR AIR
- CHOKING OR GURGLING



### ..... **UNRESPONSIVE**

- NO RESPONSE TO LOUD SOUNDS OR TOUCH
- YELL NAME, "ARE YOU OK?"
- FIRMLY RUB KNUCKLES ON STERNUM (CENTER OF CHEST)



### ..... **OTHER SIGNS**

- BLUE LIPS OR FINGERNAILS
- PALE OR GRAY SKIN THAT FEELS COOL OR CLAMMY
- PINPOINT PUPILS
- PULSE IS SLOW

To receive **FREE Narcan**, call  
**608-742-9751.**



PREVENT•PROTECT•PROMOTE

Columbia County Health and Human services offers free Narcan training that will give you the tools and skills to reverse the effects of an opioid overdose.

# IF YOU SUSPECT AN OVERDOSE

## CALL 911

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## GIVE NARCAN

### 1. PEEL

Peel package and  
remove device.



### 2. PLACE

Place and hold  
nozzle in one nostril.



### 3. PRESS

Press plunger firmly to  
release dose into nose.

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## BEGIN RESCUE BREATHING



If trained or instructed by 911, perform CPR.

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**AFTER 2-3 MINUTES, IF THE PERSON  
IS STILL NOT RESPONSIVE, GIVE  
ANOTHER DOSE OF NARCAN.**

**SCAN QR CODE TO  
WATCH NARCAN  
INSTRUCTIONAL VIDEO**

