

Roadmap to Recognize & Respond to Opioid Overdose

Think B.L.U.E.

Breathing: Breathing is slow or absent

Lips: Lips and fingernails are blue

Unresponsive: The person is unresponsive or doesn't move

Eyes: Pupils are small

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Respond & Get Help



- Check responsiveness (try to wake them, tap/shout)
- Shout for nearby help and **call 911**
- Get Naloxone and AED (if available)
- Lay the person on their back
- Check for breathing

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Administer Naloxone:



- Remove naloxone from packaging
- Insert nozzle into one nostril
- Press the plunger fully

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Be Prepared for CPR:



- Clear mouth of anything visible that could cause choking
- If person is not breathing, initiate CPR
- If breathing is stable, assist person to lie on side (recovery position)

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Monitor Until Help Arrives:



- Every 2-3 minutes: Check responsiveness, administer another dose of naloxone, continue CPR or recovery position
- Stay with person until help arrives