

# Signs & symptoms of an overdose

## Overdose Facts

- Drug overdose is a leading cause of injury death in the United States. Among people 25 to 64 years old, drug overdose causes more deaths than motor vehicle accidents.
- About 60 percent of overdose deaths involve prescription drugs.
- One of the most common places family members find a loved one who has overdosed is in their room alone.
- An overdose usually occurs within 1-3 hours after using the drug.
- Overdose can happen with first time use.

## Signs of an overdose may include:

- No response to knuckles rubbed hard on breastbone
- Person won't wake up, is passed out; no response to yelling
- Clammy, cool skin
- Body very limp
- Blue skin starting with lips and fingertips
- Pinpoint pupils
- Face very pale
- Pulse (heartbeat) is slow, erratic, or stopped
- Breathing is slow, erratic, or stopped
- Choking or gurgling sound
- Foaming at the mouth
- Vomiting
- Seizures or convulsions



*Overdoses can look different. But there are a number of signs and symptoms that show someone has overdosed, and these differ with the type of drug used.*

For more information on responding to different drug-type overdose(s), visit [Overdoseday.com](https://www.Overdoseday.com)



# How to help someone experiencing an overdose

## Call 911 right away

All you have to say is:  
**“Someone is not breathing.”**



## Check for signs of an overdose

One telltale sign of a person in a critical medical state is the **“death rattle.”**



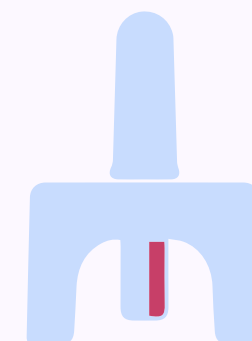
## Support the person’s breathing

Rescue breathing (CPR) can be very effective in supporting respiration.



## Give naloxone, if available

Naloxone (Narcan) should be administered to any person who shows signs of opioid overdose, or when overdose is suspected.



## Place the person in the recovery position

Turn the person on their side to prevent choking from vomit or other fluids.



## Stay with the person until emergency services arrive

Continue to monitor and support them.

