

OVERDOSE RECOGNITION

KNOW THE SIGNS. SAVE A LIFE.

Different substances can cause overdoses in different ways.
Knowing the signs can help you respond quickly and save a life.

TYPES OF OVERDOSE	SIGNS TO LOOK FOR	WHAT TO DO
OPIOID (Heroin, Fentanyl, Prescription Pain Relievers, etc.)	• Slow, shallow, or stopped breathing • Small "pinpoint" pupils • Unresponsive/unable to wake up • Limp body • Pale, clammy skin or blue lips/nails	• Call 911 immediately • Give Naloxone if available • Start rescue breathing or CPR if not breathing • Stay with them until help arrives
STIMULANT (Cocaine, Methamphetamine, Prescription stimulants, etc.)	• Agitation, restlessness, or severe anxiety • Rapid heart rate • High body temperature (hot, sweaty, flushed skin) • Chest pain • Seizures • Paranoia or confusion	• Call 911 • Keep them cool and calm • Move to a safe, quiet space. • Do NOT give them anything to eat or drink • Monitor their breathing and responsiveness
DEPRESSANT (Alcohol, Benzodiazepines, GHB, etc.)	• Drowsiness or inability to stay awake • Slurred speech • Poor coordination • Slowed breathing • Blue lips/nails • Unresponsive	• Call 911 • Keep them on their side to prevent choking • Monitor their breathing and responsiveness
HALUCINOGEN (LSD, Psilocybin, MDMA/Ecstasy, etc.)	• Severe anxiety, panic, or confusion • Distorted perception • High body temperature • Nausea or vomiting • Seizures	• Call 911 if they are unconscious, seizing, or overheating • Keep them in a safe, calm environment • Cool the person down and offer small sips of water if they are awake and able to swallow

GENERAL RESPONSE TIPS

1. **Check:** Check for responsiveness & breathing
2. **Call:** Call 911 right away
3. **Administer naloxone:** Give naloxone if available for a possible opioid overdose
4. **Support breathing:** Start rescue breathing or CPR if needed
5. **Stay & support:** Stay with the person until help arrives; more doses or naloxone may be needed

IMPORTANT SAFETY REMINDERS

- Avoid using alone. If you can, have someone with you.
- All drug use carries risk – one dose can be too much.
- Fentanyl can be in any drug, even if you don't expect it.
- Your actions can save lives.

ABOUT NALOXONE

1. Naloxone can quickly reverse an opioid overdose. It's safe, easy to use, and can save a life.
2. Carry it.
3. Know How to Use It.
4. Find free naloxone near you:
freenaloxoneil.com

RESOURCES & SUPPORT

- 988 Suicide & Crisis Lifeline: Call or text 988
- Visit helpline.il.org
- Call 833-657-7147
- SAMHSA National Helpline: 1-800-622-HELP (4357)

PREVENTION FIRST

Substance Use Treatment Training
& Technical Assistance Center (SATAC)