OPIOID OVERDOSE SIGNS & SYMPTOMS

Did you know American Indians and Alaskan Natives have the second highest opioid overdose rates (15.7 per 100,000 people) than all other US racial/ethnic groups?

Opioids are a group of chemically similar drugs used to relieve pain. These include heroin (illegal drug), fentanyl (synthetic opioid), and prescription pain relievers, such as oxycodone, hydrocodone, codeine, or morphine. When taken not as prescribed, leads to dependence or in serious cases, death.

**KNOWING CAN HELP YOU SAVE A LIFE**

**NO RESPONSE TO STIMULATION**

Try rubbing your knuckles against where the ribs come together to see if there is a response.

**LACK OF, SLOW BREATHING OR PULSE**

Shallow breathing that is less than 10 breaths per minute or breathing has stopped.

**DEEP SNORING OR GURGLING**

Choking or deep snoring sounds maybe heard.

**HEAVY OR LIMP BODY**

The individual may lay there or parts of their body will feel heavy.

**SKIN IS CLAMMY, PALE, COLD, BLUISH**

The skin may feel sweaty or cold, and finger tips or lips are blue in color.

**"PINPOINT" PUPILS**

Open eye lips to check for constricted or tiny pupils (black dots in center of eyes)

WHAT TO DO?

1. DIAL 911
2. ADMINISTER NALOXONE, IF AVAILABLE
3. STAY WITH PERSON UNTIL HELP ARRIVES

FOR MORE INFORMATION OR WAYS TO HELP:

Rocky Mountain Tribal Leaders Council
Tribal Opioid Response (TOR) Project
2929 3rd Avenue North, Billings, MT 59101
406.252.2550
www.rmtlc.org

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References: Drug Enforcement Administration (2021), Substance Abuse and Mental Health Administration (2021), National Institute on Drug Abuse (2021)