

# RESCUE BREATHING

## WHAT YOU NEED TO KNOW ABOUT OVERDOSING

An overdose occurs when an individual takes a combination of drugs or more of a single drug than the body can handle.

As of July 2006, at least 20 people have died in Delaware this year because of fentanyl-laced heroin overdoses.

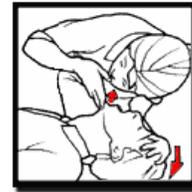
**DEATH BY OVERDOSE CAN BE PREVENTED!**

The symptoms of overdose can be FATAL, so the RESPONSE to an overdose is critical!

**-1. CALL**-Check for responsiveness. If victim does not respond, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



**-2. BLOW** Listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

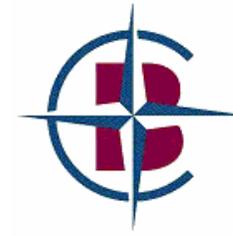


**-3. PUMP**-If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



**CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES**

NOTE: In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth.



**Brandywine  
Counseling**

*Where the Journey to Recovery Begins...*

## OVERDOSE PREVENTION PAMPHLET

**302-656-2348**

2713 Lancaster Ave. Wilmington, De 19805

**302-454-3020**

24 Brookhill Drive Newark, De 19702

**302-856-4700**

207 E. Market St. Georgetown, De 19947

**302-375-0354**

98 Harvey Rd. Claymont, De 19703

## SIGNS OF OVERDOSE

- Decreased or stopped breathing
- Face turns blue or very pale
- Body turns limp
- Slow or no pulse or heartbeat
- Foaming at the mouth
- Shaking or seizure
- Vomiting
- Chest pain, pressure or tightness
- Sudden collapse or unconsciousness
- Gurgling or choking noises

## PREVENTING OVERDOSE

- Don't use alone or behind locked doors
- Don't mix drugs (including alcohol)
- Test your shot or use a smaller amount than usual-you can always inject more, you can't inject less
- Prepare your own shot
- Know your dealer
- Know that your tolerance changes based on recent drug use (when you haven't used in awhile), health status, location (comfort level) & hunger

## IF SOMEONE OVERDOSES

- CALL 911 IMMEDIATELY or yell for help
- Don't leave them alone
- Check to see if they're breathing, can open their eyes, or speak
- If they DON'T RESPOND: shout their name; splash cold water on them, pinch their earlobes or fingertips then refer to Rescue Breathing instructions on back of this page
- If they DO RESPOND: keep them awake & talking; roll them on their side so they won't choke on vomit

## WHAT NOT TO DO

- Don't put them into a bathtub or shower (they could go into shock, fall or drown) or rub ice on them
- Don't inject them with any other substance (including cocaine or saline)
- Don't try to make them vomit
- Don't give them food or drink
- Don't let fear of calling for help prevent you from saving someone's life

## MYTHS

- "Old-timers" can't OD- anyone can overdose, even if that person has done the same amount in the past.
- You can only OD from injecting-the truth is that an overdose can happen no matter how the drug is taken including sniffed, smoked, or swallowed.
- Only first-timers OD- the truth is that anyone can overdose no matter how experienced they are or how high their tolerance.

Brandywine Counseling Inc is a substance abuse treatment facility treating all types of substance addictions. Our services include:

- Methadone Maintenance treatment for opiate addiction **SAME-DAY INTAKE AND MEDICATION!! 302-656-2348**
- Drug-free substance abuse treatment for substances such as cocaine, marijuana, and alcohol 302-472-0381
- Free HIV Rapid Testing available Monday-Friday 9am-12pm 655-9880 x22
- HIV/AIDS Case management and medication management 302-656-2348