

# FISHERS HEALTH DEPARTMENT OPIOID OVERDOSE EDUCATION & NALOXONE DISTRIBUTION PROGRAM

## What are the signs of an opioid overdose?

- Limp body and pale face.
- Blue lips or fingertips.
- Unresponsiveness/Unconsciousness.
- Slowed breathing.
- Making choking, gurgling, or snoring sounds.<sup>1</sup>



For more information scan  
the QR code or contact us  
at [HealthEdu@fishers.in.us](mailto:HealthEdu@fishers.in.us)



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Sources:

[1] Indiana Department of Health. (2021). Naloxone 101. Overdose Prevention.  
<https://www.in.gov/health/overdose-prevention/naloxone/naloxone-101/>

[2] Narcan Nasal Spray (Naloxone) <https://www.narcan.com/>



## Remember the 4 "IN ER" steps when using Naloxone!

- **I:** **Identify** signs of opioid overdose/check for response.
- **N:** If there are signs of an opioid overdose, lay them on their back > remove the kit from the box > place the kit in either nostril > give them **Naloxone** nasal spray.
- **E:** Seek **emergency** help - call 911!
- **R:** Place the person in the **recovery** position. Move the person on their side with one knee out in front and place their hand under their head.<sup>2</sup>

