

Know the signs of opioid overdose and how to help

An opioid overdose happens when a toxic amount of an opioid—alone or mixed with other opioids, drugs, or substances—overwhelms the body's ability to handle it.

An opioid overdose requires immediate medical attention as respiratory failure can lead to unconsciousness, coma, and death.

Call 911 immediately if you or someone you know exhibits any of the following symptoms of an overdose:

- Face is extremely pale or clammy to the touch
- Body is limp
- Fingernails or lips have a blue or purple cast
- The patient is vomiting or making gurgling noises
- He or she cannot be awakened from sleep or is unable to speak
- Breathing is very slow or stopped
- Heartbeat is very slow or stopped

Signs of **overmedication**, which may progress to overdose, include:

- Unusual sleepiness or drowsiness
- Mental confusion, slurred speech, intoxicated behavior
- Slow or shallow breathing, pinpoint pupils, slow heartbeat, low blood pressure
- Difficulty waking the person from sleep

beforeitstoolate.maryland.gov

Free opioid overdose training is available

Local health departments offer free training through the Maryland Overdose Response Program for community members who may be able to save the life of someone experiencing breathing problems from opioid overdose.

Participants in the training learn how to recognize the signs and symptoms of opioid overdose, the importance of calling 911 in medical emergencies, how to administer naloxone, and care for someone until emergency help arrives.

Contact information for local health departments

Calvert County

www.calverthealth.org

410-535-5400

Crisis hotline: 410-535-1121

Charles County:

www.charlescountyhealth.org

301-609-6900

Prince George's County:

www.princegeorgescountymd.gov

/214/Health-Department

301-856-9400

St. Mary's County:

www.smchd.org

301-475-4330