



LOOK AFTER EACH OTHER.

ADULT EMERGENCY REFERENCE / U.S. RESOURCES



SAFE SCENE. SHOUT + TAP SHOULDER.

Check breathing for no more than 10 seconds. Do not search for a pulse.



CANNOT WAKE OR CANNOT STAY AWAKE? CALL 911 ON SPEAKER.

911: medical emergency / danger / weapons / serious injury



NO NORMAL BREATHS

Unresponsive + absent, gasping, slow, shallow or irregular?
CPR + AED. Follow 911.
Naloxone if opioids; no CPR delay.



NORMAL BREATHS

Recovery position. Naloxone if opioids possible. Stay; watch breaths.
Unresponsive + abnormal? CPR.



KEEPS DRIFTING OFF

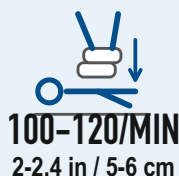
911. Monitor. Naloxone if opioids. Side if normal. No CPR responding. If unresponsive + abnormal: CPR.

988 / CALL OR TEXT

24/7 suicide + mental-health crisis support

211: local services + homelessness outreach / Ask 988 about local crisis options; availability varies.

CPR / PUSH + BREATHE



Unresponsive + not breathing normally only. Back on firm, flat surface. Stack hands, center chest / lower breastbone. Full recoil. Breaths: tilt head, lift chin, pinch nose; seal mouth. Each breath 1 second, enough for chest rise. Breaths matter in overdose. Cannot give breaths? Keep compressing. AED: stand clear for analysis/shock; resume CPR. Continue until normal breathing or trained help takes over.

NALOXONE / OPIOIDS ONLY



1 SPRAY

PRESS PLUNGER FULLY

2-3 MIN
REPEAT*

*No response? New device in other nostril; repeat per product label. Do not prime. Other formulations: follow their label. Signs: cannot wake, slow/stopped breaths, snoring/gurgling, blue/gray or pale lips, tiny pupils. Naloxone generally will not harm someone if opioids are not involved. It does not treat GHB or meth toxicity. Never delay 911, breaths or CPR. Stay after waking: overdose can return.

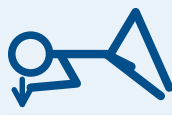
GHB / G: THIS IS AN EMERGENCY



Cannot wake / keeps passing out?
Slow, irregular, stopped or snoring/gurgling breaths? 911. Do not assume sleep.

Unresponsive + abnormal breaths: CPR; breaths if trained, otherwise compressions. Normal breaths: side + monitor. G alone can be fatal. Alcohol, opioids, benzos or other depressants increase danger, even hours apart. Naloxone does not reverse G. Give if opioids possible or drug unknown. No delay to CPR/911. No food, water, milk, more drugs or forced vomiting.

RECOVERY / NORMAL BREATHS ONLY



- 1 Roll onto side.
- 2 Bend top knee.
- 3 Tilt head; lift chin.
- 4 Mouth faces down.



Stay. Watch breathing continuously.
Unresponsive + abnormal breathing? CPR.

Suspected head/neck/back injury? Follow 911. Move only for safety or lifesaving care.

CRISIS / CALM + SPACE



MOVE SLOWLY



LISTEN



GIVE SPACE



LESS NOISE

Signs: disorientation, paranoia, hallucinations/delusions, suicidal talk, extreme agitation or marked change from usual. Meth can cause psychosis; do not assume use. No arguing, judging, crowding, cornering, touching, threats or shouting. Danger? Move yourself/others to safety. Chest pain, seizure, overheating or collapse? 911.