

Signs of Overdose

Call 911 immediately if a person exhibits ANY of the following symptoms

- Extremely pale face, cold or clammy skin
- Slow, shallow, or no breathing
- Blue lips and nails
- Choking, gurgling sounds, snoring, or vomiting
- Unable to speak or be awakened
- Heartbeat or breathing slows or stops

The SAVE ME Protocol

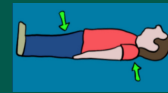
1



Stimulate

Unresponsive? **Call 9-1-1**

2



Airway

Check and open

3



Ventilate

1 breath every 5 seconds

4



Evaluate

Breathing?

5



Medication

1 dose of naloxone

6



Evaluate

Wait 3 minutes. Another dose?

Need more naloxone? Looking for Resources?

OPTIONS Liaisons

Wherever you are on your journey, support is available from your local OPTIONS Liaison.

If you or a loved one are ready to make a change related to substance use, reach out to your local OPTIONS Liaison. Support is available free of cost to all Mainers.

COMMUNICATION:

Liaisons listen to what you want to do about your health and wellness. They can assist you in finding ways to stay safe and well, no matter where you are with substance use.

CONNECTION:

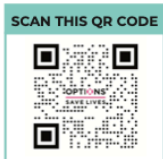
Liaisons are a bridge to resources. They connect you to support, supplies and services that will be a good fit for you.

CARING:

Liaisons are there for you and your loved ones, wherever you are on your journey. Your Liaison will not judge or tell you what to do.



OPTIONS
SAVE LIVES



/knowyouoptionsme

OD-ME overdose response app



The app guides users on:

- Signs of overdose
- How to use and store Narcan® and vial & syringe naloxone
- Steps to take while waiting for EMS
- Links to call 9-1-1 and 2-1-1

Need more naloxone?
www.getmainenaloxone.org



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App Store



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Google Play