



# SIGNS OF AN OVERDOSE

## Signs of an overdose include



Unresponsive or unconsciousness



Slow or absence of breathing



Snoring or gurgling sounds



Cold or clammy skin



Discolored lips or fingernails

## Recovery is possible.

Wisconsin Addiction Recovery Helpline

Call: 211 or 833-944-4673

Text your ZIP code to 898211.

Online: [www.addictionhelpwi.org](http://www.addictionhelpwi.org)

Visit our website for resources at [doseofrealitywi.gov](http://doseofrealitywi.gov)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES





# HOW TO ADMINISTER NARCAN<sup>®</sup>

To prevent or reverse an opioid overdose



**Call 911** and follow the instructions they give you.



Place tip of nozzle in either nostril until your fingers touch the nose.



Press the plunger firmly to release the dose of NARCAN<sup>®</sup>.



If there is no response after 2-3 minutes, give a second dose.

**You are not alone.  
Help is available 24/7.**

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