Rescue Breathing Instructions

If a person is overdosing and not breathing:

1) Check responsiveness. Ask, "Are you okay?" Shake foot. Use sternum rub.

2) Lay them on a firm flat surface on their back.

3) Check to see if the person is breathing by putting your cheek next to their nose and mouth to
   a. Look – see if their chest is rising
   b. Listen – can you hear breathing, and
   c. Feel – their breath on your cheek.

4) Tip their head back by using your palms and carefully pushing down on the forehead and up on the chin. This extends the airway as much as possible – but be careful not to push back too far!

5) Repeat Step #3 – Look, Listen, Feel.

6) If they are not breathing, look in the mouth and airway to see if an object is blocking their breathing. If there is something there, remove it by sweeping the mouth/airway with two curved fingers.

7) Repeat Step #3 – Look, Listen, Feel.

8) Pinch the person's nose closed. Create a seal around their mouth with your lips. Push a normal sized breath into their lungs. If you need a barrier, you can use clean fabric, like the end of a shirt.

9) After providing 2 breaths, repeat step #3 (Look, Listen and Feel) to re-assess the person.

10) Breathe normally and allow 4 seconds between breaths (five seconds total).
    a. If they are not breathing – continue breathing for them until help arrives.
    b. If they start breathing – put them in the rescue position and continue to watch them.

REMEMBER!
Too much time without oxygen can result in brain injury or death

It is not recommended to leave someone who is overdosing. Wait for 911! However, if for any reason, an overdosing person is left unattended, it is important to leave them in the *recovery position*! The person will be less likely to choke if they vomit. This position makes it easier to breathe than if the person is lying on their back.

1) Put the person on their side, using the arm closest to the floor as a "pillow."
2) The face should be aimed downward.
3) The knee of the upper leg should be drawn up slightly towards their chest.