



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

BE PREPARED TO SAVE A LIFE

Get free naloxone.
Stop an overdose.



SCAN TO LEARN MORE





Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



NALOXONE IS SAFE AND EASY TO USE.

Someone who is experiencing an opioid overdose will have slow breathing or may not be breathing at all. Follow these steps to help someone breathe again.



LAY

If possible, **lay** the person in a comfortable position.

Tilt their chin up.



SPRAY

Insert the naloxone into one nostril and **spray** pushing firmly on the plunger.

Call 9-1-1.

If they are not breathing after 2 to 3 minutes, give another dose.



STAY

Put them on their side and **stay** until help arrives.

The person may be confused when they wake up.



Cook County DEPT. of
Public Health

BUILDING
HEALTHIER
COMMUNITIES

PREPÁRESE PARA SALVAR UNA VIDA

Obtenga naloxona gratis.
Pare una sobredosis.

ESCANEE PARA SABER MÁS





Cook County DEPT of
Public Health

BUILDING
HEALTHIER
COMMUNITIES



LA NALOXONA ES SEGURA Y FÁCIL DE USAR

Una persona que sufre una sobredosis de opioides puede tener respiración lenta o dejar de respirar. Siga estos pasos para ayudar a alguien a respirar nuevamente.



RECUÉSTELO/A

Coloque a la persona en una posición cómoda e incline su cabeza hacia arriba.



ATOMICE

Introduzca la naloxona en una fosa nasal y presione firmemente.



PERMANEZCA

Ponga a la persona de lado hasta que llegue ayuda.