

RESCUE BREATHING INSTRUCTIONS

IF A PERSON IS OVERDOSING AND NOT BREATHING:

1. Check responsiveness. Ask, "Are you okay?" Use sternum rub.
2. Lay them on a flat surface on their back.
3. Check for breathing by putting your cheek next to their nose and mouth to: Look to see if their chest is rising. Listen for breaths. Feel for their breaths on your cheek.
4. Tip their head back using your hand and carefully pushing down on the forehead and up on the chin. Be careful not to push their head too far back. Head-tilt Chin-Lift
5. Repeat Step #3 – Look, Listen, Feel.
6. If they are not breathing, look or feel in the mouth for any objects that could be blocking the airway. If you see or feel an object, remove it by sweeping the mouth/airway with two curved fingers.
7. 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 a clean fabric such as a shirt.
8. After providing 2 breaths, repeat Step #3 to re-assess the person's breathing.
9. Breathe normally and allow 4 seconds between breaths. If they are not breathing, continue rescue breaths until help arrives. If they start breathing, put them in the recovery position and continue to monitor them.



RECOVERY POSITION

Hand under chin to keep mouth open, leg bent to support position, arm bent to prevent rolling over.