

4 STEPS CAN SAVE A LIFE DURING AN OVERDOSE



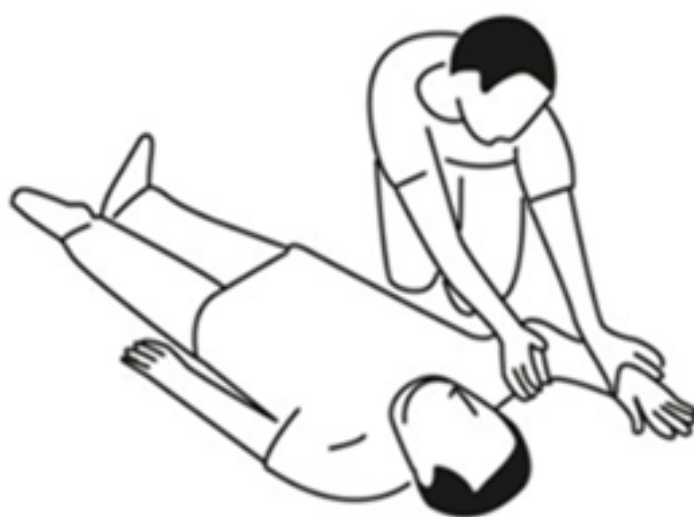
This recovery position can help save a life during an overdose. It is often used after Narcan has been administered. Remember to call for help even if the situation seems to be under control. [CLICK HERE](#) or scan the QR code to learn more about Narcan.

Office of Care and Civility

STEP 1:

Kneel by the person. Raise the arm closest to you and place the arm out at a 90 degree angle to the body.

1



2



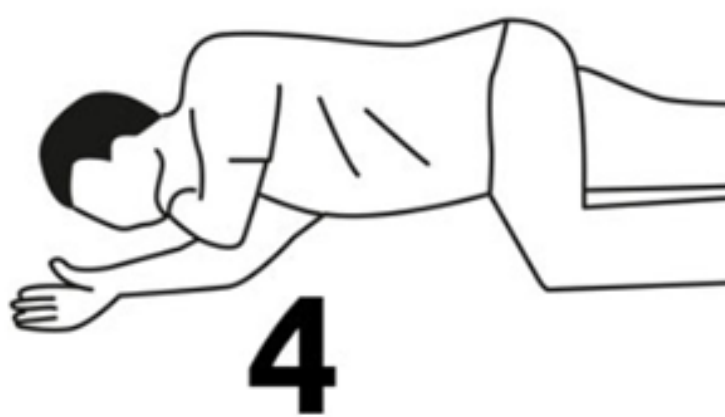
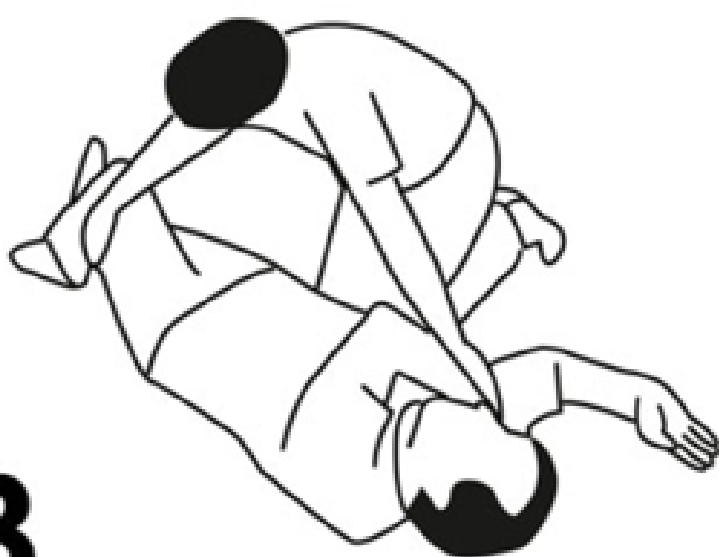
STEP 2:

Place the other hand under their head against their cheek, to support their head.

STEP 3:

Lift the leg furthest away from you and place their foot on the floor.

3



4

STEP 4:

Step 4: Using their knee as a lever, gently pull the person onto their side, towards you. Tilt the head back and ensure airway is open and clear.