







Recognizing the Signs of a Drug Overdose Could Save the Life of Your Loved One

Opioids, Benzodiazepines, and Alcohol are ALL Depressants

These drugs slow the central nervous system, including breathing and heart rate. Too much of any one of these substances on its own or in combination can kill or cause permanent brain damage. Signs of depressant drug overdose (e.g. heroin, morphine, oxycodone, fentanyl, methadone) include:

-  **Unresponsive, unconscious, cannot be awoken**
-  **Shallow breathing or not breathing at all**
-  **Snoring or gurgling sounds**
-  **Blue lips, fingertips, and nails**
-  **Cold or clammy skin**
-  **Tiny pupils**



If you cannot get a response from someone and you suspect a drug overdose, do not assume they are asleep or “sleeping it off.” Not all overdoses happen quickly; sometimes it can take hours for someone to die. Even the smallest action taken in these hours could save a life.

