Rescue Breathing

These are the steps for rescue breathing:

1. Place the person on their back.

2. Tilt their chin up to open the airway.

3. Check to see if there is anything in their mouth blocking their airway—such as gum, toothpick, undissolved pills, syringe cap, cheeked Fentanyl patch (these things have ALL been found in the mouths of overdosing people!)—and if so, remove it.

4. Pinch their nose with one hand, place your mouth over the overdosing person’s mouth, and give 2 even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. If you don’t see their chest rise out of the corner of your eye, tilt the head back more, make sure you’re plugging their nose, and also make sure you have a good seal over the victim’s mouth.

5. After 5 seconds, breathe again. Give one breath every 5 seconds until the person starts breathing on his or her own or until emergency responders arrive.

6. REPEAT!

Photo Credit: N.O.M.A.D. (Not One More Anonymous Death) website http://sites.google.com/site/nomadoverdoseproject/naloxone; Life-saver: Mary Wheeler; Overdoser: Joanna Berton Martinez