

## Understanding an Overdose and How to Respond to One

### Appendix 1

#### Practice Scenario Take Action: Responding to an Overdose

Violet, a 15-year-old high school athlete, is at an away game with the school soccer team. Before the game, Violet hears her coach complaining of a headache and watches him take medication for the pain. At halftime, she and her teammates notice her coach on the bench, slumped over. His skin is pale, and his lips are slightly blue. They try to shake him awake, but he does not respond.

#### Symptoms of an Overdose (check all that apply in this scenario):

- Limp body
- Pale, clammy face
- Blue fingernails or lips
- Vomiting or gurgling sounds
- Inability to speak or be awakened
- Slow breathing or heartbeat

#### When should you get help? (Choose one.)

- Immediately!
- Within 2 hours
- 2-6 hours
- 6-12 hours
- 12+ hours
- Other: \_\_\_\_\_

#### Word Bank

- Administer naloxone
- Stay with them until help arrives
- Call 911
- Administer rescue breaths
- Turn them on their side
- Stay calm
- Keep them awake and breathing

Using the possible steps in the word bank, describe what Violet could do to help her coach, in the correct order. Are there any steps that would not be appropriate in this scenario?

## Appendix 2

### Take Action: Responding to an Overdose

Olivia, a 17-year-old high school student, is attending a weekend house party with friends. Olivia occasionally uses alcohol or other drugs. At the party, a friend offers her a pill, claiming it's a high-quality stimulant they got online. Olivia decides to take the pill, thinking it is harmless. She has done this before, and it's been fine. What she didn't know is that the pill contains fentanyl, a potent opioid. As the night progresses, Olivia becomes increasingly lethargic, her breathing slows, and her skin turns pale. Friends notice she's unresponsive and struggling to stay awake.

#### Symptoms of an Overdose (check all that apply in this scenario):

- Limp body
- Pale, clammy face
- Blue fingernails or lips
- Vomiting or gurgling sounds
- Inability to speak or be awakened
- Slow breathing or heartbeat

#### When should you get help? (Choose one.)

- Immediately!
- Within 2 hours
- 2-6 hours
- 6-12 hours
- 12+ hours
- Other: \_\_\_\_\_

#### Word Bank

- Administer naloxone
- Stay with them until help arrives
- Call 911
- Administer rescue breaths
- Turn them on their side
- Stay calm
- Keep them awake and breathing

Using the possible steps in the word bank, describe what Olivia's friends could do to help her, in the correct order. Are there any steps that would not be appropriate in this scenario?

## Take Action: Responding to an Overdose

Noah, an 18-year-old student, is waiting for the bus to take him to his Saturday soccer practice. Another person is waiting at the stop as well. While they are waiting, Noah notices that the other person is acting strangely. They seem to be having difficulty staying upright, are sweating despite the cool morning, appear disoriented, and are breathing in short, shallow breaths. Noah asks them if they are alright, but the person does not seem to hear him and is unable to respond.

### Symptoms of an Overdose (check all that apply in this scenario):

- Limp body
- Pale, clammy face
- Blue fingernails or lips
- Vomiting or gurgling sounds
- Inability to speak or be awakened
- Slow breathing or heartbeat

### When should you get help? (Choose one.)

- Immediately!
- Within 2 hours
- 2-6 hours
- 6-12 hours
- 12+ hours
- Other: \_\_\_\_\_

### Word Bank

- Administer naloxone
- Stay with them until help arrives
- Call 911
- Administer rescue breaths
- Turn them on their side
- Stay calm
- Keep them awake and breathing

Using the possible steps in the word bank, describe what Noah could do to help the person at the bus stop, in the correct order. Are there any steps that would not be appropriate in this scenario?

## Take Action: Responding to an Overdose

Alex and Parker, two 15-year-old students, are spending the afternoon at Parker's house playing video games. Alex walks into the kitchen to get a drink and runs into Parker's dad. Parker's dad seems agitated and, after chatting briefly with Alex, says that he is not feeling well and rushes to the bathroom, where Alex can hear him vomiting. Concerned, Alex tells Parker. Parker checks on their dad, and notices that he is experiencing shallow breathing. Parker knows that their dad recently had back surgery and is on prescription medications.

### Symptoms of an Overdose (check all that apply in this scenario):

- Limp body
- Pale, clammy face
- Blue fingernails or lips
- Vomiting or gurgling sounds
- Inability to speak or be awakened
- Slow breathing or heartbeat

### When should you get help? (Choose one.)

- Immediately!
- Within 2 hours
- 2-6 hours
- 6-12 hours
- 12+ hours
- Other: \_\_\_\_\_

### Word Bank

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| • Administer naloxone               | • Turn them on their side       |
| • Stay with them until help arrives | • Stay calm                     |
| • Call 911                          | • Keep them awake and breathing |
| • Administer rescue breaths         |                                 |

Using the possible steps in the word bank, describe what Alex and Parker could do to help Parker's dad, in the correct order. Are there any steps that would not be appropriate in this scenario?

## Take Action: Responding to an Overdose

Taylor, a 16-year-old student, has been struggling with stress and anxiety due to academic pressure and social issues, like many teens. To cope, Taylor turns to a friend who offers them some drugs they bought on social media that are supposed to help reduce stress. Taylor took a pill before heading to school to manage stress and anxiety. Throughout the day, they took more pills to cope with being bullied and the increasing pressure they put on themselves to do well in school. During class, Taylor appears drowsy, disoriented, and complains of nausea.

### Symptoms of an Overdose (check all that apply in this scenario):

- Limp body
- Pale, clammy face
- Blue fingernails or lips
- Vomiting or gurgling sounds
- Inability to speak or be awakened
- Slow breathing or heartbeat

### When should you get help? (Choose one.)

- Immediately!
- Within 2 hours
- 2-6 hours
- 6-12 hours
- 12+ hours
- Other: \_\_\_\_\_

### Word Bank

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| • Administer naloxone               | • Turn them on their side       |
| • Stay with them until help arrives | • Stay calm                     |
| • Call 911                          | • Keep them awake and breathing |
| • Administer rescue breaths         |                                 |

Using the possible steps in the word bank, describe what Taylor's teacher and friends could do to help Taylor, in the correct order. Are there any steps that would not be appropriate in this scenario?