bluegrass recovery

GUIDE 06 EMERGENCY CARD

If you think it's an overdose.

The signs, the five steps, how to use naloxone, and what Kentucky law says about calling for help. Keep a copy where everyone can find it.

Admissions, 24 hours a day
(502) 385-4424

421 Wabasso Ave
Louisville, KY 40209

Call 911 first.

Then give naloxone if you have it, and stay with them.

SIGNS OF AN OPIOID OVERDOSE

- [ ] **Won't wake up**
  No response to their name or a firm rub on the breastbone.
- [ ] **Slow or stopped breathing**
  Or gurgling, snoring sounds.
- [ ] **Blue or gray lips and fingertips**
  Pale, clammy skin.
- [ ] **Pinpoint pupils**
  Very small, even in dim light.

SIGNS OF A STIMULANT OVERDOSE

- [ ] **Chest pain, racing heart**
  Or a very high temperature.
- [ ] **Severe agitation or confusion**
  Paranoia or hallucinations.
- [ ] **Seizure**
  Or loss of consciousness.
- [ ] **Fentanyl may be mixed in**
  Give naloxone anyway if they're not breathing well.

WHAT TO DO

1. **Call 911.**
   Say the person is not breathing or will not wake up. Give the address.
2. **Give naloxone (Narcan).**
   One spray into one nostril. No response in 2 to 3 minutes? Give a second dose in the other nostril.
3. **Support their breathing.**
   If trained, give rescue breaths. Otherwise follow the dispatcher.
4. **Put them on their side**
   if they are breathing, so they do not choke.
5. **Stay until help arrives.**
   Naloxone can wear off before the opioid does.

NALOXONE

How nasal naloxone works.

1. Peel

Peel back the package to remove the device. Don’t prime or test it.

2. Place

Hold it with your thumb on the plunger. Put the nozzle in one nostril.

3. Press

Press the plunger firmly to give the dose. Then call 911 if you haven’t.

It is safe to give

Naloxone has no effect on someone who hasn’t taken opioids. When in doubt, give it.

Where to get it free

Find Naloxone Now KY: findnaloxone.ky.gov. Many pharmacies sell it without a prescription.

Kentucky’s Good Samaritan law

Kentucky law gives some legal protection to people who call 911 for an overdose, and to the person overdosing. Don’t let fear stop the call.

After an overdose

It is a turning point. Call Bluegrass admissions at (502) 385-4424, day or night, to talk about treatment.

Based on public guidance from the CDC, SAMHSA and the Kentucky Office of Drug Control Policy. General information, not medical or legal advice.

WHEN YOU ARE READY

Talk to someone who does this every day.

Bluegrass Recovery Center is a Joint Commission accredited outpatient program in Louisville, licensed by the Kentucky Cabinet for Health and Family Services (AODE license #811092).

Call or text, any hour

(502) 385-4424. Admissions answers 24/7. If we miss you, we call back as soon as possible.

A free benefits check

We accept most major private insurance plans and explain what is covered before anyone decides anything.

Three levels of care

Partial hospitalization (PHP), intensive outpatient (IOP) and outpatient (OP), with the same team as you step down.

Help with what comes first

If detox is needed, admissions arranges it at a vetted partner. Bluegrass works with a partner organization that provides supportive housing.

In an emergency

Call 911. For a mental health or substance use crisis, call or text 988, the Suicide & Crisis Lifeline.

This guide is general information for families and is not medical, legal or financial advice. Updated October 2026.