

# Rescue Breathing & Overdose Reversals

Rescue breaths are essential when reversing an overdose, people need oxygen to survive.



Rescue breaths have become more critical given the increasing presence of xylazine, an animal tranquilizer, in the US drug supply.

**1 breath every 5 seconds!**

If you do not have a CPR face mask, use an article of clothing or your hands to form a breathable barrier.



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## How to properly provide rescue breaths:

**1) Make sure mouth is empty and airway is clear of any objects (candy, caps) by sweeping finger through inside of mouth.**

**2) Tilt head back & pinch nose**

**3) 2 quick breaths to start**

**1 breath every 5 seconds!**



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## The Recovery Position

If you are not comfortable providing rescue breathing or the person starts breathing on their own...

**Place the individual on the left side of their body in the recovery position as shown below.**



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