

WHAT TO DO IF YOU SUSPECT AN OPIOID OVERDOSE

1

Rub the middle of the person's chest hard with your knuckles.

2

If they do not respond to the pain or noise and demonstrate other signs of opioid overdose, call 911.

3

Give the person naloxone.

Remember, I CARE

Identify overdose

Call 911

Administer naloxone

Rescue breathing

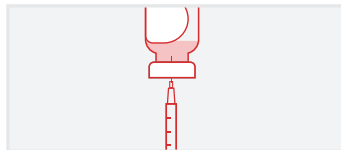
Ensure safety and EMS arrival

HOW TO ADMINISTER NALOXONE

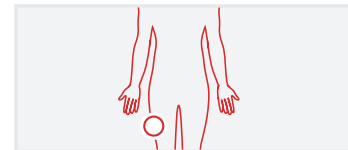


Pop the orange lid off of one vial.

Note: do not flip the pink cap on the needle up until you are done using it. Once the pink cap is flipped up, it cannot be taken off and you cannot use the needle.



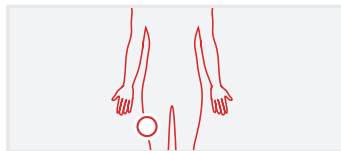
Turn the vial upside down and stick the needle through the rubber into the vial (just barely -- you don't need to go deep into the vial!). Pull up all of the liquid.



Stick the needle into the side of the person's thigh and inject all of the medication into the muscle. No need to look for a vein.



While you wait for the naloxone to kick in, perform rescue breathing on the person. Just tilt their head back, pinch their nose, and give a deep breath every 5 seconds. Do not give chest compressions.



If the person doesn't wake up within 2 minutes, give them a second dose. Use a new syringe.



Continue to rescue breathe for them until they can breathe on their own. Once they're breathing on their own, place them on their side with their hand under their head. This makes it so that if they vomit, they will not inhale it.

WHAT TO DO NEXT

Even with naloxone, your friend may still be at risk of death if they have taken a mixture of benzos (Xanax, Valium, etc.) or alcohol with the opiates, or if their opiates were cut with fentanyl or other long-acting opioids. **Get them medical attention.**

Your friend may feel very sick when they wake up, as naloxone brings on immediate withdrawal. Work with the person and encourage them not to consume more drugs, even though they may feel bad. Otherwise, they may overdose again. They may be at risk of overdosing again 1-3 hours after the naloxone wears off even if they don't use, so get them medical attention.

DO NOT put the person in the shower or bath or expose them to extreme cold (e.g. ice).

This can lower the body temperature and cause the person to die of hypothermia. It does not help to shock them awake.

IDENTIFYING AN OVERDOSE

If someone takes more opiates than their body can handle, their breathing will slow to the point of respiratory failure. Their brain then stops functioning, leading to death. Signs of overdose include:

- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Unconsciousness - the person does not respond when you yell their name or rub them hard in the middle of the chest
- Very limp body
- Change in skin color on face: clammy/sweaty skin, blue lips, or blue/gray tint to skin color
- Making choking or gurgling sounds

What puts you at risk of an overdose?

- Your tolerance is lowered, due to recently getting out of detox, treatment, or jail
- You are using dope/pills that are stronger than you are used to (ex: new cut, new dealer, higher mg)
- Your immune system is weakened because you are sick or recently were sick
- You recently started injecting or regularly switch between smoking/snorting and injecting
- You are mixing opiates with benzos (Xanax, Valium, etc.) or alcohol -- this is very dangerous!

How to avoid overdosing:

- If you have a new source or have been using less, take a test shot first. You can always do more but you can't do less.
- Consider smoking or snorting instead of injecting so you know how strong it is.
- Try not to use alone. This way, if you fall out, there will be people around to help. If you are using alone, let people in the house know and don't lock the door.