WHAT ARE OPIOIDS?

- Opioids are a class of drugs that attach to opioid receptors in our brain and body to reduce pain, stop coughing and promote feelings of pleasure and relaxation.
- Too many opioids can slow your breathing and heart rate. This can lead to a lack of oxygen in your brain, your heart stopping, a coma or even death.
- This process can occur in seconds, minutes or hours. Time is critical to saving a life.

Common prescription opioids include:
- hydrocodone (Vicodin®, Lortab®, Norco®),
- oxycodone (OxyContin®, Percocet®),
- buprenorphine (Subutex®, Suboxone®),
- methadone, morphine, codeine
- Heroin and fentanyl are also opioids.

WHAT IS NALOXONE?

- Naloxone is a medication that temporarily reverses the dangerous breathing effects of an opioid overdose. It helps a person to breathe again and wakes them up.
- Naloxone can be given every two to three minutes until breathing resumes.
- Only works on OPIOIDS.
- A person cannot get high on naloxone.

OVERDOSE ACTION NALOXONE TRAINING
Online naloxone training for first responders and laypeople overdoseaction.org

OVERDOSE HOTLINES
Virtual spotting service for people who use drugs neverusealone.org
massoverdosehelpline.org

REMEDY ALLIANCE
Access to low cost naloxone for community distribution remedyallianceftp.org

HARM REDUCTION COALITION
National coalition on overdose prevention harmreduction.org

PRESCRIBE TO PREVENT
For prescribers and dispensers prescribetoprevent.org

PRESCRIPTION DRUG ABUSE POLICY SYSTEM
Overdose prevention access laws in the United States pdaps.org

SAMHSA NATIONAL HELPLINE
Free, confidential, 24/7, 365 days a year treatment referral and information service for anyone facing mental or substance use disorders 1-800-662-HELP (4357)

SAMHSA TREATMENT LOCATOR
Search tool to help individuals find a local treatment center findtreatment.samhsa.gov

OPIOD OVERDOSE DEATHS ARE PREVENTABLE

If you suspect someone is experiencing an opioid overdose, have your naloxone accessible and take immediate A.C.T.I.O.N.

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INSTRUCTIONS FOR NALOXONE INTRANASAL SPRAY

1. Remove from packaging.
2. Tilt person’s head; place tip of nozzle in either nostril.
3. Push on the plunger to spray. No test spray is needed.

SIGNS OF OVERDOSE
- Blue/gray lips or fingernails.
- Breathing that is slowed, uneven or has stopped.
- Unresponsive to pain.
- Unconsciousness.
- Pinpoint pupils.
- Deep snoring/gurgling noises.

WHAT NOT TO DO
- Do not delay calling 911.
- Do not inject anything except naloxone.
- Do not put the person in a bath or shower.
- Do not give the person anything to drink.
- Do not pour water over the person’s face.
- Do not hit the person too hard.
- Do not leave the person until help arrives.

REMINDERS TO TAKE A.C.T.I.O.N.

Arouse (3 S’s)
- Shout the person’s name.
- Shake shoulders vigorously.
- Sternal rub (make a fist and rub knuckles against the breastbone to check for pain response).

Check for Signs of Overdose
- Slowed or no breathing.
- Blue/gray lips or fingernails.
- Unresponsive to pain.
- Unconsciousness.
- Pinpoint pupils.
- Deep snoring/gurgling noises.

Telephone 911
- Stay with the person until help arrives.

INSTRUCTIONS FOR INTRAMUSCULAR SPRAY

1. Pop off orange top from the naloxone vial.
2. Insert 23-25 G, 1-1.5 inch needle into the vial and draw 1 mL of naloxone into the syringe.
3. Inject naloxone into upper arm or outer thigh (through clothes, if needed).
4. Push in plunger all the way.

PREVENTING ACCIDENTS
- Do not mix opioids with other drugs, especially benzodiazepines or anything that can make someone sleepy.
- Take your medication as prescribed.
- Store your medication in a secure place out of the reach of children or pets.

FENTANYL TEST STRIPS
- Because fentanyl is widespread in the street supply and unable to be detected by taste, smell, sight or touch, fentanyl test strips have grown in popularity as a harm reduction resource.
- Fentanyl test strips test for the presence of fentanyl in a drug sample and can help people make informed decisions about their drug use.
- Guide to use fentanyl test strips: https://doi.org/10.56137/OPEN.000113