

Responding To Overdose

Stay Calm & Know the Signs

Unresponsive

- Slow or shallow breathing
- Not breathing (blue, gray or pale skin)
- Snoring or gurgling sounds

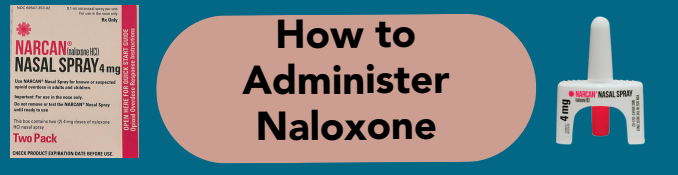
What next?

- Try to wake the person up.
- SHOUT "I'm going to Narcan you"
- Rake your Knuckles across their sternum.

Call 911

- "Someone is unresponsive"
- Give the dispatcher your exact location.

Scan For More Resources



How to Administer Naloxone



Step 1:
Remove Naloxone from packaging and hold with thumb, first and middle finger



Step 2:
Insert tip into either nostril and press plunger firmly



Step 3:
Preform rescue breaths for 2 minutes. If the person is still unresponsive repeat all steps and administer another dose of Narcan.

Remember

Naloxone's only function is to reverse an opioid overdose
It has no effect if opioids are not present
No known negative side effects and no potential for misuse



Our Mission:
To improve the health and wellbeing of people affected by drug use in the Inland Empire.

ALL ABOUT OPIOID OVERDOSE AND HOW TO RESPOND

Inland Empire Harm Reduction

Contact Us:

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OPIOIDS



THE FACTS

What are they?

Opioids are a class of pain relieving medications derived from the poppy plant. That can range from natural to synthetic. Opioids can be prescribed by doctors or purchased on illicit markets. All opioids have the potential to cause physical dependency. Some examples are: Oxycodone, Morphine, Fentanyl and Heroin

Why do people use them? What are the effects?

People use opioids for many reasons. Some include pain relief, coping and recreational purposes. Opioids can make some people feel relaxed, happy or high. Additional side effects can include slowed breathing, constipation, nausea, confusion and drowsiness.

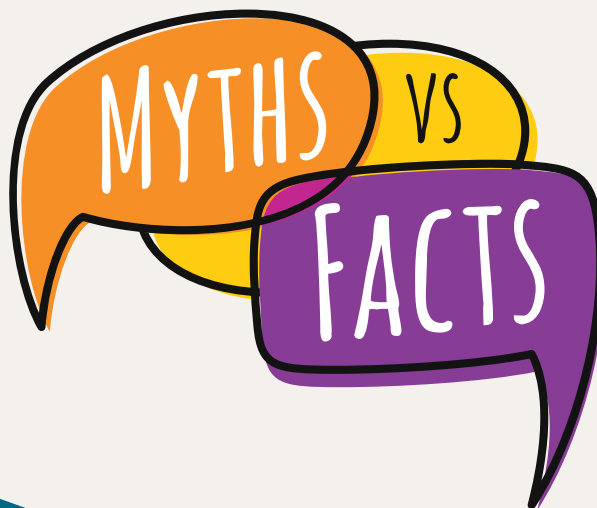


Fentanyl?

Fentanyl is a strong synthetic opioid that has been used for pain relief in hospital setting for decades. It is said to be 50 times stronger than heroin. The effects of Fentanyl have a quicker onset, are intense and more short acting than other opioids. It has been showing up in the street drug supply in heroin, cocaine, meth and street pills.

I'm not an opioid user why should I care?

Overdose prevention and naloxone is for all people who use drugs and for all friends and family of people who use drugs. The street drug supply has always been, and will always be, unpredictable and inconsistent. Assume an overdose risk no matter what drug you're using. Overdose deaths are preventable know the risks, carry Naloxone and know how to use it.



THE MYTHS



CAN YOU OVERDOSE FROM TOUCHING FENTANYL?

You **CANNOT** overdose by touching fentanyl. It must be introduced into the blood stream or a mucus membrane in order for someone to feel the effects.

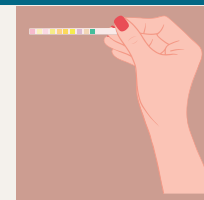
"Content like this simply creates more fear and irrational panic that fuels further punitive responses to the overdose crisis, instead of the public health approach we need." -Drug Policy Alliance



IS FENTANYL NARCAN RESISTANT?

Fentanyl and fentanyl analogues (some stronger than others) are NOT "Narcan resistant." They are opioids and will respond to naloxone/Narcan, should someone be overdosing. Needing multiple doses of Narcan is common in Fentanyl Overdoses.

RISK REDUCTION



TEST STRIPS

Fentanyl test strips can detect the presence of fentanyl in a substance. It does not measure the quantity or potency. Certain substances require different measurements of water. Please see resource list for more information on how to correctly use these.

NEVER USE ALONE

Using alone greatly increases your overdose risk- you cannot Narcan yourself. If you have to use alone call the never use alone hotline a volunteer operator will stay on the line while you use. They'll notify emergency services if you stop responding. "No judgment, no shaming, no preaching, just love!" neverusealone.com (800) 484-3731



START SLOW

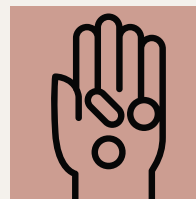
Sometimes we won't know how a substance will affect us. Always start slow especially with a new supplier, substance, route of administration or after a period of not using. Wait until you feel the effects before using more. You can always use more but you cant use less.

STAGGER USE

If using in a group take turns. This way someone is always alert and ready to administer Narcan if needed. Have a safety plan and make sure everyone knows where the Narcan is and how to use it.



AVOID MIXING SUBSTANCES



Drugs taken together can interact in ways that increase their overall effect. Poly drug use like using benzos or opioids with alcohol is risky. It greatly increases your overdose risk because it takes less of a substance to cause an overdose. Try to only use one substance at a time. If you are going to mix use less of each substance and keep track of how much you have taken. Make sure someone is there who knows how to administer Narcan.