

Preventing and Responding to **Opioid Overdoses**

What are opioids?

- Opioids include heroin, morphine, codeine, methadone, oxycodone (Oxycontin, Percodan, Percocet), hydrocodone (Vicodin), fentanyl (Duragesic) and hydromorphone (Dilaudid)

What can lead to an overdose?

- Using drugs when you're alone
- Mixing drugs (especially with alcohol or benzos)
- Using drugs without testing their strength
- Using drugs after not using drugs for a period of time (after detox, drug treatment or time in jail)

What are the signs of an overdose?

- Lips or nails turning blue
- Cannot wake person when you yell their name or rub your knuckles on their breast bone
- Person is breathing very slowly or not at all

What is Naloxone?

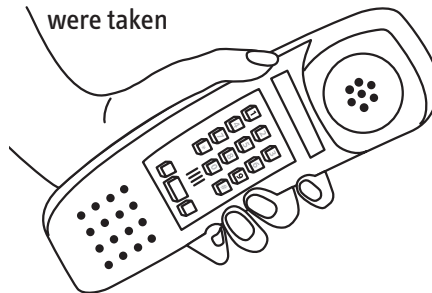
- A prescription medicine, also called Narcan, that reverses an opioid overdose
- It wakes a person who is overdosing in 3-5 minutes and lasts 30-90 minutes
- It doesn't make you high
- It can't cause any harm, even if someone is not overdosing

Who can I call to get help quitting drugs?

- In NYC, call 1-800-LIFENET (543-3638)
- Statewide, call 1-800-522-5353

Step 1 **Call 911**

- Give address/location
- Say "I can't wake my friend up"
- You don't need to tell the operator that drugs were taken



Step 2 **Rescue Breathing**

- Make sure there is nothing in the mouth
- Tilt head back, lift chin, pinch nose
- Give a breath every 5 seconds



Step 3 **Give Naloxone**

- Inject into upper arm or thigh—in the muscle
- If person does not wake after 3 minutes, use new syringe and new dose of naloxone
- Stay with person

