

RECOGNIZING AN OPIOID OVERDOSE

OPIOIDS: Heroin, OxyContin, Methadone, Morphine, Percocet, Fentanyl, Vicodin

Signs of an overdose may include:

- Person won't wake up
- No response to yelling
- Blue lips or fingernails
- Clammy, cool skin
- Shallow, slow breathing
- Seizures or convulsions
- No response to knuckles being rubbed hard on the breastbone



RESPONDING TO AN OPIOID OVERDOSE

- ➔ **Call 911:** Give the address, tell them the person is not breathing, stay with the person if you can.
- ➔ **Do rescue breathing if the person is not breathing:** Make sure there is nothing in the mouth, tilt the head back, lift chin, pinch nose. Breath in mouth every 5 seconds.
- ➔ **Administer Narcan** if you have it.
- ➔ **While you wait for the ambulance:** put the person on his/her side to prevent them from choking on their own vomit.

Need a prescription for Narcan?

For a list of Narcan providers & pharmacies in lower Fairfield County go to:



www.communities4action.org

OPIOID OVERDOSE PREVENTION TIPS

- **Don't use alone:** Use with friends, let people know you are using, have a cellphone with you, show a friend how to use it/make emergency 911/emergency button.
- **Don't mix drugs:** Don't mix—especially opioids, alcohol and benzos.
- **Be aware of your reduced tolerance:** Be aware of your change in weight or recent abstinence. If you relapse, your tolerance levels have changed since the last time you used.
- **Be aware if you survived an overdose:** Make healthy choices, adjust your doses, seek treatment/counseling.
- **Change in drug quality or source:** Know your source, be aware of changes in color/taste/smell/consistency, do a test shot.



OPIOID OVERDOSE RISK FACTORS

- **Using alone.**
- **Mixing drugs** especially opioids, alcohol and benzos.
- **Reduced tolerance** when you lose weight or have not used the drug in a while, either because of treatment, recovery, hospitalization, or incarceration, your tolerance can change. Using the same amount as before can put you at risk for an overdose.
- **Surviving a past overdose**
- **A change in drug quality or source**—it's important to know the source and quality.