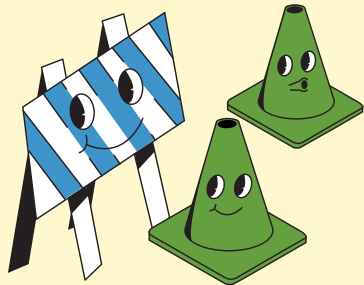


# OVERDOSE PREVENTION



## Overdose risk is higher if:

- **You have a low tolerance** due to:
  - Not using this drug before
  - Not using for a while for any reason (hospitalization, incarceration, etc.)
- **There are unknown substances in your drugs like fentanyl or xylazine**
  - Fentanyl is a very powerful opioid and is the cause of most overdose deaths
  - Xylazine is a tranquilizer that can cause painful wounds and loss of consciousness
  - **BOTH are being cut into the supply of all kinds of drugs** like heroin, pressed pills, amphetamines, cocaine, crack, etc.
- **You mix different drugs** like opioids with benzos (Xanax, Valium, etc.) or alcohol, or mix different opioids like fentanyl and heroin

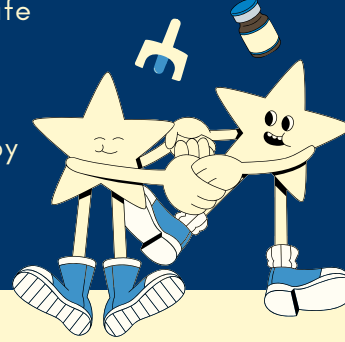


## Tips for safer use:

- **Never use drugs alone, and always have naloxone on hand**
- Have a friend with you or call the Never Use Alone Overdose Prevention Line at 877-696-1996
- Make sure everyone has naloxone and knows where it is and how to use it
- Only use one substance at a time; if mixing use less of both
- Go slow; use a small amount first
- Test your drugs before you use them!
- Fentanyl and Xylazine test strips can tell you if either are present in your drugs

## 11 North Carolinians die of overdose every day.

We can take care of each other by carrying naloxone and knowing when and how to use it. **Naloxone** is a safe and effective life-saving medication that reverses overdoses caused by opioids like heroin, fentanyl, morphine, oxycodone, etc.



You can get **free** safer drug-use supplies like naloxone, drug testing strips, sterile syringes, hygiene supplies, and more at:

### Durham County Department of Public Health

*Safe Syringe Program*  
414 East Main Street  
Durham NC 27701  
1st Floor - Lobby 3

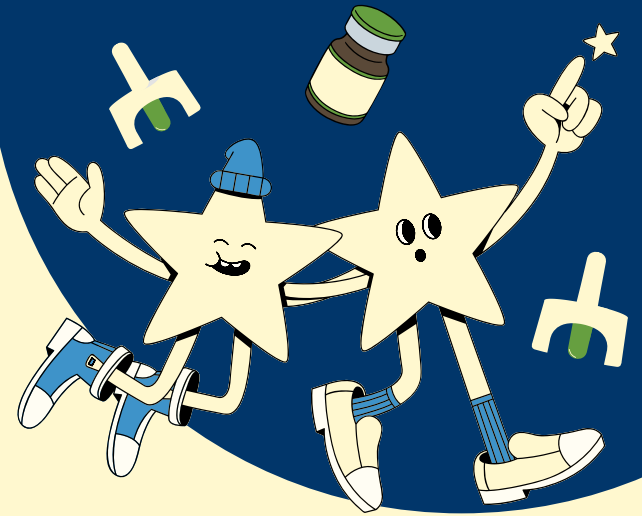
Tue & Thur 9AM-12PM  
Wed & Fri 1-4PM



Public Health

stay safe with

# NALOXONE



## PREVENTING & RESPONDING TO OPIOID OVERDOSE



Public Health

# 1. RECOGNIZE AN OVERDOSE



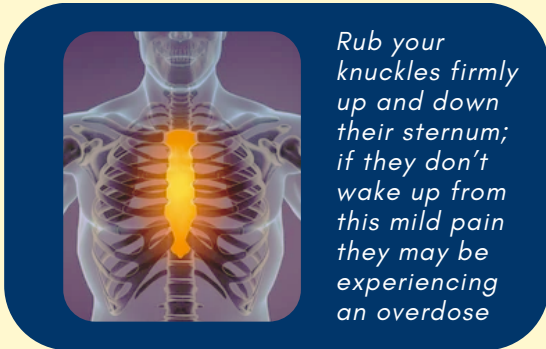
Opioid overdose causes the body to stop breathing; this is what causes injury and death.

**Naloxone (aka Narcan)** allows the body to breathe again.

## OVERDOSE SIGNS TO LOOK FOR:

- Person not waking up or responding if you talk to or gently shake them
- Slow or no breathing
- Snoring or choking sounds
- Skin is gray, blue, or purple in color

*If you see any of these signs, do a **Sternum Rub***



# 2. CALL 911



**Tell the operator your exact location and that someone is not breathing**

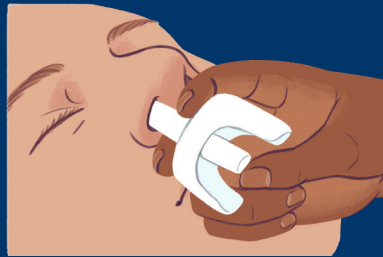


# 3. GIVE NALOXONE



## Nasal

- Lay the person on their back and tell them "I'm going to give you naloxone"
- Tilt their head back and place the nozzle completely in their nostril
- Firmly press the plunger all the way in to spray the medication into their nose
- **Move on to step 4: RESCUE BREATHS** ➔



## Injectable

- Lay the person on their back and tell them "I'm going to give you naloxone"
- Remove the cap from the top of the bottle of medication and unwrap the syringe
- Stick the needle through the rubber stopper and draw all of the liquid up into the syringe
- Inject the full amount of liquid into their upper arm, thigh, or butt
  - The needle can go through clothes!
- **Move on to step 4: RESCUE BREATHS** ➔



# 4. GIVE RESCUE BREATHS



**Naloxone takes a few minutes to work; during this time you will give the person rescue breaths:**

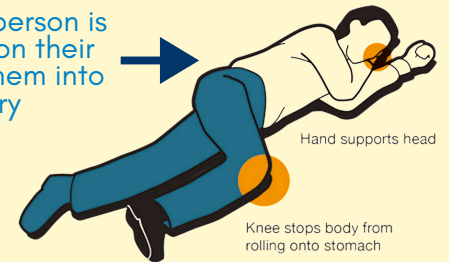
- Tilt the person's head back slightly to open their airway
- Pinch their nose closed and make a tight seal between your mouth and theirs
- Give one breath every five seconds



**If after three full minutes of rescue breaths they aren't breathing on their own again, give them another dose of naloxone**

- Repeat rescue breaths for three minutes and another dose of naloxone until the person resumes breathing on their own or first responders arrive

Once the person is breathing on their own, put them into the recovery position



# 5. STAY UNTIL HELP ARRIVES



- If they wake up: calmly explain what happened and that first responders are on their way
- **DO NOT LEAVE THE PERSON ALONE**
- Naloxone stops working after 30-90 minutes; leaving someone alone puts them at risk of going back into an overdose