

Opioids Include:

Heroin and prescription pain medications:

Vicodin (<i>hydrocodone</i>)	Fentanyl
OxyContin (<i>oxycodone</i>)	Percocet
Dilaudid (<i>hydromorphone</i>)	Methadone
MS Contin (<i>morphine</i>)	...and others

- If someone takes more opioids than their body can handle, they can pass out, stop breathing, and die.
- Overdose can take minutes or even hours to occur.
- Anyone who uses opioids can overdose.

Opioid Overdose Risks

- **Restarting opioids after a break.** Tolerance drops within a few days.
- **Using opioids at the same with alcohol or sedating drugs** like sleep aids and benzodiazepines ("benzos" like Valium and Xanax). Mixed together, they can slow breathing even more.
- Taking **prescription pain medicine more often** or in **higher doses** than prescribed.
- **Any heroin use** due to its wide range of purity.
- **Taking someone else's** pain medication.
- **Using long-acting opioids** (like methadone) or powerful opioids (like fentanyl).
- **Heart or lung disease.**

If someone has overdosed before, they are more likely to overdose again.

How can I get naloxone?

Naloxone (Narcan®) is a prescription medicine that can temporarily stop the effect of opioids and help a person start breathing again. It can be given as an injection into a muscle or as an intranasal spray. It is easy and very safe to use.

In WA State, you can get a prescription for naloxone if you think you could:

- overdose on opioids yourself.
- help someone else who has overdosed.

Go to stopoverdose.org to see if naloxone is available from a pharmacy, doctor or health department near you.

Resources

Safer use of pain medication:

Washington Department of Health
tinyurl.com/wa-doh-tad

Addiction treatment:

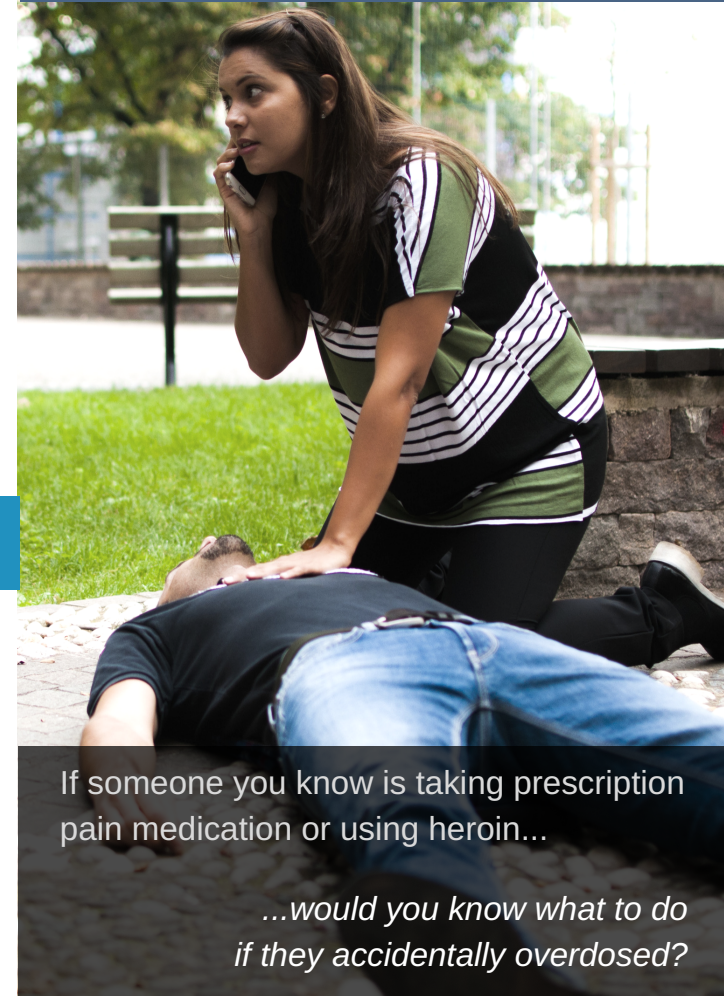
Washington Recovery Help Line
24 hour crisis help and referral
warecoveryhelpline.org
1-866-789-1511

Suboxone/buprenorphine providers
tinyurl.com/bup-locator

Treatment services in the US
findtreatment.samhsa.gov

This brochure is not a substitute for more complete overdose response training from a medical provider or health educator. For more info go to:
stopoverdose.org

Opioid Overdose



If someone you know is taking prescription pain medication or using heroin...

...would you know what to do if they accidentally overdosed?

This information could help you save a life.

Taking Action in an Opioid Overdose

1 Check: Could this be an opioid overdose?

Look and listen for:

- Slow or no breathing
- Gurgling, gasping, or snoring
- Clammy, cool skin
- Blue lips or nails
- Pill bottles, needles, or alcohol



Try to wake them up:



- Shake them and call their name.
- Rub your knuckles hard over their chest bone.

If they don't wake up, you need to act fast!

2 Call 911.



- Say where you are and that the person isn't breathing.
- You don't need to say anything about drugs or medications.

3 Give naloxone and start rescue breathing.

- **Give the naloxone.** Follow the instructions on the package or in the overdose rescue kit.
- **Start rescue breathing.**
- If they don't respond in 3-5 minutes, give a **second dose of naloxone. Keep rescue breathing.**



Do rescue breathing even if you don't have naloxone. Oxygen is critical!

4 Stay with them.

- If they start to wake up and breathe, stay with them.
- **Watch them until medical help arrives.** Naloxone wears off in 30-90 minutes. When it does, the person can stop breathing again.
- If you must leave, put them into the recovery position and in a place they can be found.



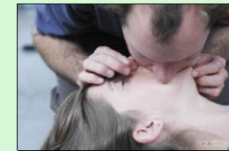
Good Samaritan Law

If you get medical help for an overdose or alcohol poisoning, you and the victim cannot be charged for drug use, possession, or underage drinking.



WA RCW 69.50.315

Rescue Breathing



- Tilt head back. Lift chin. Pinch nose.
- Give **2 quick breaths.** Chest should rise.
- Then give **1 slow breath every 5 seconds.**
- **Keep going** until they start breathing or until help arrives.

Recovery Position

