Opioid Overdose

Opioids Include:

Heroin, fentanyl, and **prescription pain medications**:

Vicodin *(hydrocodone)*
OxyContin *(oxycodone)*
Dilaudid *(hydromorphone)*
MS Contin *(morphine)*

Percocet
Methadone
...and others

- If someone takes more opioids than their body can handle, they can pass out, stop breathing, and die.
- Overdose can take seconds to hours.
- 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 time** with alcohol, benzodiazepines/"downers," cocaine, or methamphetamine. Too many drugs at one time puts stress on your heart and lungs.
- **Any heroin use** due to its wide range of purity.
- **Taking <u>any</u> pill not prescribed to you**. No matter where you got it, it likely has fentanyl in it.
- Taking your own pain medicine **more often or in higher doses** than prescribed to you.
- Heart or lung disease.

Fentanyl deaths are rising in WA State.

Fentanyl is much stronger than other opioids and overdose can happen fast. You can't see or taste fentanyl. In WA, most pills not from a pharmacy are fentanyl. It can also be found in powders.

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.

Naloxone can be given as an injection into a muscle or as an intranasal spray. It is easy and very safe to use.

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

Resources

Washington Recovery Helpline (24hr crisis help & referral)
warecoveryhelpline.org, 1-866-789-1511

Suboxone/buprenorphine providers
tinyurl.com/bup-locator

Info about meds that help manage opioid addition & lower the risk of opioid overdose
learnabouttreatment.org

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

ADAI
ADDICTIONS, DRUG & ALCOHOL INSTITUTE

UNIVERSITY of WASHINGTON

Revised June 2021

If someone you know is using opioid pills, fentanyl, or heroin...

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

This information could help you save a life.

STOP OVERDOSE .org

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 or gray 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.

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

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!

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.

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.

Recovery Position