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