

How to Avoid Overdose

- Only take medicine prescribed to you
- Don't take more than instructed

- Call a doctor if your pain gets worse
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain meds

- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone

- Teach your family + friends how to respond to an overdose



Are they breathing? → Call 911 for help

Signs of an overdose:

- Slow or shallow breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)

All you have to say:

"Someone is unresponsive and not breathing."
Give clear address and location.



Airway → Rescue breathing

Make sure nothing is inside the person's mouth.

Oxygen saves lives. Breathe for them.

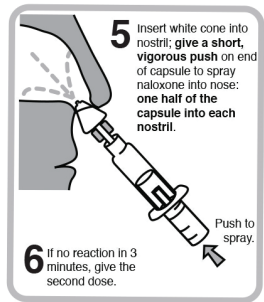
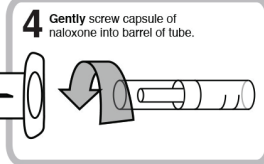
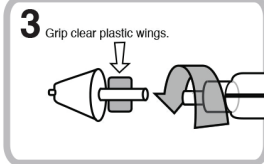
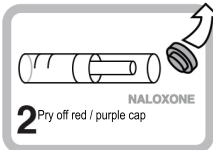
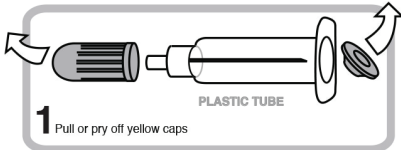
- One hand on chin, tilt head back, pinch nose closed.
- Make a seal over mouth & breathe in
- 1 breath every 5 seconds
- Chest should rise, not stomach



Prepare Naloxone

Are they any better? Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?

PrescribeToPrevent.org



Source: HarmReduction.org

Evaluate + support

- Continue rescue breathing
- Give another 2 sprays of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes
- Comfort them; withdrawal can be unpleasant
- Get them medical care and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem



Give this to your pharmacist to obtain Narcan or naloxone.

Pharmacist:

I am requesting a naloxone rescue kit for use in a suspected overdose. Please bill my insurance provider if possible. Thank you for keeping my request discreet.

Name: _____

Address: _____

Insurance Name: _____

ID Number: _____

Date of Birth: _____

Please inform me of the price based on my insurance. Please provide me with the naloxone pamphlet from the Board of Pharmacy and consultation.

