

OVERDOSE SIGNS & SYMPTOMS

KNOW WHAT TO LOOK FOR

People overdosing on opioids may display any or all of these signs:

- ◆ Unresponsive to yelling or stimulation
- ◆ Slow, shallow, or no breathing
- ◆ Pulse is slow, erratic, or not present
- ◆ Cold, clammy skin
- ◆ Small, pinpoint pupils
- ◆ Blue/purple fingernails and lips
- ◆ Snoring, gurgling, or choking noise
- ◆ Limp body
- ◆ Vomiting

ALWAYS ACT

Even if you're not sure someone is overdosing **call 9-1-1, administer naloxone, and perform rescue breathing.**

Don't leave them alone!

Naloxone has no repercussions even if the person is not overdosing.

HIV Alliance's Naloxone Distribution Program is accessible by **anyone** within Lane, Douglas, Jackson, Josephine, Curry & Coos Counties in Oregon. **Training and Naloxone Distribution** is available in private group settings, by **appointment**, or at HIV Alliance **off-site needle exchange (NEX)** operations.

HIV Alliance NEX

Mondays & Wednesdays

2nd & Van Buren, Eugene, OR

6:00–7:30 pm

Tuesdays

HIVA Office, Eugene, OR

1:00–3:00 pm - *by appointment*

The Center for Recovery,
Cottage Grove, OR

5:30–7:00 pm

Thursdays

18th & A St. Springfield, OR

6:00–7:30 pm

Fridays

HIVA Office, Eugene, OR

1 pm –5 pm - *by appointment*

To schedule an appointment or a private or group training please contact Dane Zahner at dzahner@allianceor.org

HIVAlliance

**SAVE LIVES.
GET NALOXONE.**

HIV Alliance

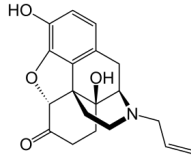
***Overdose
Response
Training
& Naloxone
Distribution***

**1195A City View St.
Eugene, OR 97402
(541) 342-5088**

What is Naloxone?

Naloxone, also known as Narcan, is a life-saving drug that can prevent death when someone is overdosing by blocking the brain's opioid receptors.

The effects are almost immediate, restoring respiration to a person whose breathing has either slowed or stopped due to opioid overdose.



- ◆ Naloxone comes in several forms: **injectable, autoinjectable, and nasal spray.**
- ◆ Naloxone starts working in 3-5 minutes.
- ◆ Naloxone blocks opioid receptors in the brain for 30–90 minutes causing the overdose to be reversed and allows the person to breathe, providing enough time for emergency personnel to arrive.
- ◆ Naloxone has no effect if a person does not have opioids in their body. So there is no risk involved in its use.
- ◆ Naloxone does NOT work for overdoses involving alcohol or non-opioid drugs such as stimulants or benzodiazepines.
- ◆ Naloxone can be administered by anyone.
- ◆ Naloxone has been used for more than 40 years.
- ◆ Naloxone is safe and has little to no side effects.
- ◆ Naloxone is not addictive and has no potential for abuse
- ◆ Naloxone is not a controlled substance and is available over the counter in 46 states (including Oregon).

Why do I need it?

- ◆ Opioids can slow or stop breathing, leading to loss of consciousness or death.
- ◆ Anyone taking an opioid is at risk of overdosing.
- ◆ Overdoses are very common for people who have had a period of abstinence from opioids (persons in detox or released from jail/prison) because their tolerance has decreased.
- ◆ An overdose can occur even with proper use of prescription drugs
- ◆ Illicit non-opioid drugs have the potentiality to be “cut” with opioids such as fentanyl leading to overdose.

What are Opioids?

Opioids are a class of drugs naturally found in the opium poppy plant. Some prescription opioids are made from the plant directly, whereas others are synthetically made in labs. Opioids are often used to treat pain because they contain chemicals that relax the body and can relieve discomfort. Opioids also make people feel very calm and often cause a pleasurable “high” which makes recreational opioid use attractive. This can be dangerous as opioids are highly addictive and lead to overdose and death.

- ◆ Opioids can include illegal drugs such as **heroin** (Black tar, China White), synthetic opioids such as **fentanyl** and **carfentanyl** and pain relievers available legally by prescription, such as **oxycodone** (OxyContin®), **hydrocodone** (Vicodin®), **codeine**, **morphine**, and many others.
- ◆ Sometimes very powerful opioids are disguised and mixed into the drugs sold on the street, **including non-opioid drugs.**
- ◆ Drug sellers and drug buyers may not even know that the drugs they are selling or buying have these

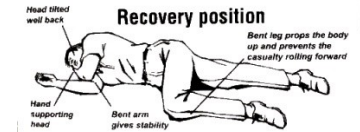
Overdose Response

1. Check for Response

- ◆ Yell
- ◆ Sternum rub
- ◆ Check for breathing

2. Call 911

If you leave the person put them into **Recovery Position**



3. Start Rescue Breathing

- ◆ Check airway
- ◆ Tilt forehead back and lift chin
- ◆ Pinch nose and give normal breaths
- ◆ 1 breath every 5 seconds
- ◆ Continue for 30 seconds



4. Administer Naloxone

- ◆ Administration varies depending on type of Naloxone. Please see your kit's instructions.



5. Resume rescue breathing if needed

- ◆ You may have to perform rescue breathing until EMS arrives.

6. Conduct follow-up

- ◆ Naloxone wears off in 30-45 minutes
- ◆ Watch the person for 1 hr or until EMS arrives
- ◆ You may give more Naloxone
- ◆ Don't let them use more opiates

Oregon has a Good Samaritan overdose law

If someone is overdosing and you seek medical help for them, neither of you can be arrested or prosecuted for:

- ◆ Possessing drugs or drug paraphernalia
- ◆ Being in a place where drugs are used
- ◆ Outstanding warrants related to #1 or #2 above