

OPIOID OVERDOSE RESPONSE

01

RECOGNIZE

- Slow, no or NOISY breathing.
- Discolored skin, lips, fingertips.
- Limp, "passed out", awake but can't respond.
- **Unresponsive** (sternum rub). Time to respond! Start with 911.



02

RESCUE BREATHS

- Tilt their head back and clear the airway.
- Seal their mouth with yours or use a CPR mask.
- Give 2 gentle, regular size breaths.
 - Repeat **1 breath every 5-7 seconds**
- If they do not respond, move to step 3.



03

GIVE NALOXONE

Nasal:

- Remove from package.
- Insert into nostril.
- Push the plunger.

Reminder:

Between doses, keep giving rescue breaths and wait 2-3 minutes before giving more naloxone

Injectable:

- Pop the cap and insert the syringe.
- Tip the vial upside down.
- Draw out all the liquid.
- Gently push plunger to get rid of any excess air (a little is ok).
- Inject thru clothing at 90° angle into a large muscle like the thigh.
- Push plunger slowly.
- Deliver the full dose.

04

AFTERCARE

Tell them what happened, and if 911 was called. Offer water and support.

- They may be upset, emotional or confused.
- They may feel very sick due to withdrawal.

Encourage them not do more drugs for the next 60-90 minutes.

- **Overdose can reoccur** once the naloxone leaves the receptors.
- Blocked receptors = will not get high, will waste drugs and money.
- Do they have naloxone? Tell them how to get some.

If they still haven't woken up and you need to leave them alone, put them in the recovery position.



TIPS FOR OVERDOSE RESPONDERS

WHERE TO GET NALOXONE (NARCAN) IN CO

Local pharmacy - No prescription is required.
It is covered by most insurance including Medicaid.
Co-pays vary; i.e. Medicaid \$0 - \$3

Harm reduction programs - like Points West SSP

Local Health Department - A growing number of **service providers** now provide clients and/or their families with naloxone.



SELF-CARE AFTER AN OVERDOSE RESPONSE

It is important to care of yourself after helping during an overdose. This is a critical event that may affect you deeply.

- Reach out for support.
- Talk to someone in the know.
- Allow yourself to feel your feelings.
- Do something kind for you.
- Replenish your naloxone supply.

THE RECOVERY POSITION

This will help to keep the airway clear and prevent choking.

1. Roll the person on their side.

2. Keep the leg on the ground straight.



4. Make sure their face is free from obstructions and facing forward.

3. Bend the other knee to keep them from rolling forward.

MORE ON 911

Calling for help is always recommended during an overdose, but the fact is, not everyone is going to call 911. Here are some things to consider:

If you **DO** call:

- Tell others you are calling 911. Ask them to be quiet or calmly leave the area.
- You do not have to mention drugs or overdose.
- Say someone is unresponsive, not breathing.
- Always provide clear information about location.

If you **don't** call 911:

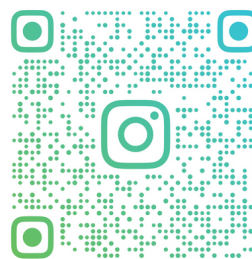
- Stay with the person and provide aftercare.
- Use the recovery position if you need to leave.
- Know that other medical complications can be happening.

OFFER SUPPORT, NOT STIGMA

People who experience overdose are more likely to experience overdose again.

- Offer support and kindness.
- Avoid shame and judgement.
- Honor their choices for "next steps".
- Help them locate naloxone for the future.

CONTACT US



POINTSWESTSSP

Text or call: 720-434-7221

Email: PointsWest@jeffco.us

Visit at 645 Parfet Street
Lakewood, CO 80215

DM on Instagram

@PointsWestSSP

QR code