

OPIOID OVERDOSE RESPONSE

S.A.V.E. M.E.



STIMULATE
UNRESPONSIVE?
CALL 911



AIRWAY



VENTILATE
1 BREATH EVERY
5 SECONDS



EVALUATE



MEDICATION
1 ML OF NALOXONE



**EVALUATE
& SUPPORT**
2ND DOSE?

Recognize the signs of overdose

Is the person responsive? (check out the other side to learn more)

Call 911: Give exact location and tell them someone is unresponsive

****Naloxone only works on opioids; you need 911 as a back-up****

Rescue breaths:

Check breathing & clear airway (look for gum, syringe caps, pills, candy, etc.)

Tilt head back, lift chin, open mouth, pinch nose, breathe into the person's mouth

One breath every 5-7 seconds

Giving naloxone:

Give the entire dose!

Injections are given in a big muscle (thigh or upper arm) – NOT in a vein

Spray is given in the nostril(s)

Wait: 2-3 min between naloxone doses

Continue rescue breaths, CPR if appropriate

****If you're considering giving a 2nd dose of naloxone, and haven't already called 911,**

CALL 9-1-1!**

Stay with the person for at least an hour – especially if no one is able to call EMS

Person may be disoriented; let him/her know what happened

Naloxone lasts 30-90 minutes; may wear off before drug does – person could OD again

Don't let the person use again!

RECOGNIZING AN OPIOID OVERDOSE:

****UNRESPONSIVE****

Skin: lips, fingers show first

Light: pale or blue

Dark: ashen

Passed out; limp body

Breathing: slow, not normal, absent

Choking sounds or a gurgling/snoring noise

Throwing up

Heartbeat: slow, absent

Awake, but unable to respond

REALLY HIGH	OVERDOSE
Muscles become relaxed	Deep snoring or gurgling (death rattle)
Speech is slowed/slurred	Very infrequent or no breathing
Sleepy looking	Pale, clammy skin
Nodding	Heavy nod, not responsive to stimulation
Will respond to stimulation like yelling, sternal rub, pinching, etc.	Unresponsive to heavy stimulation
Normal heart beat	Slow heart beat

Factors that Increase Potential for Overdose

- **Mixing** opioids with alcohol, pills, and/or cocaine
 - Prevention: use one drug at a time; avoid mixing; use opioids first
- **Decreased tolerance** due to not using (in jail, hospital, detox – especially methadone detox)
 - Prevention: use less when tolerance is lower
- **Unpredictable quality** of drug
 - Prevention: do tester shots, ask others
- **Using alone** where you can't be found
 - Prevention: don't use alone; leave doors unlocked; tell someone where you will be before using
- **Health conditions** (breathing problems such as asthma, liver conditions, compromised immune system, dehydration, active infections, lack of sleep, lack of food, etc)
 - Prevention: eat; drink water; sleep; get infections treated; see your doctor
- **Access**
 - Prevention: secure or lock up current medications; properly dispose of unused medications; avoid sharing medications

Visit Points West to learn more about overdose prevention including reversal training as well as access to Naloxone (Narcan) and fentanyl test strips. Visit our website for more info: pointswestjeffco.com