HELP PREVENT AN OVERDOSE

What is an opioid overdose?
An opioid overdose occurs when a person takes a larger dosage of opioids than their body can handle, and breathing slows or even stops as a result.

Signs and Symptoms of an overdose:
- Small, constricted “pinpoint pupils”
- Falling asleep or loss of consciousness
- Limp body, won’t wake up
- No response if you say their name or shake them
- Slow, shallow, breathing: Less than 8 breaths per Minute, or not at all
- Choking or gurgling sounds
- Blue lips or fingernails
- Pale, blue, or cold skin

Give naloxone or Narcan!
- If no reaction in 3 minutes, give a second dose!
- Call 911
- The Good Samaritan Law protects you
- Do rescue breathing until help arrives
- Follow 911 dispatcher instructions

How to get naloxone or Narcan?
- Syringe Exchange clients receive naloxone from the Jackson County Syringe Exchange
- Jackson County community members can request Narcan from their health providers, local pharmacies, or Max’s Mission

WHAT IS NARCAN OR NALOXONE?
Naloxone is a medication that can temporarily stop the effect of opioids and help a person start breathing again. It can be given as an injection into a muscle or an intranasal spray (Narcan).

NARCAN NASAL SPRAY
This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

INJECTABLE NALOXONE
1. Remove cap from naloxone vial and uncover the needle.
2. Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.
3. Inject 1 ml of naloxone into an upper arm or thigh muscle.
4. If no reaction in 3 minutes, give second dose.

DO RESCUE BREATHING OXYGEN IS CRITICAL
3. Then 1 slow breath every 5 seconds.
4. Keep going until they start breathing, or until help arrives.

YOU CAN DECREASE YOUR CHANCES OF AN ACCIDENTAL OVERDOSE
- Don’t use alone
- Go slow
- Do a tester shot
- Try to purchase drugs from a regular source
- Use fentanyl test strips
- Avoid mixing heroin, alcohol & benzodiazepines
- Take control of your own drug preparation
- Use a smaller dose if you are using after a break

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: 1.) Possessing drugs or drug paraphernalia 2.) Being in a place where drugs are used 3.) Violating probation or parole, or having outstanding warrants related to #1 or #2 above.

If you see an overdose give Naloxone or Narcan then CALL 911 and help save a life!

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