

# 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 as an intranasal spray (Narcan).

### NARCAN NASAL SPRAY



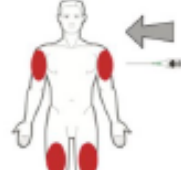
This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



### DO RESCUE BREATHING OXYGEN IS CRITICAL

1. Tilt head back. Lift chin. Pinch nose.
2. Give 2 quick breaths. Chest should rise.
3. Then 1 slow breath every 5 seconds.
4. Keep going until they start breathing, or until help arrives.

### 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.

## 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!***