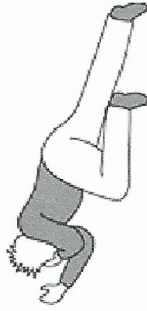


## RECOVERY POSITION

This helps a person breathe. It also allows fluids to drain from the nose and throat so they are not breathed in. If the person is unconscious, move the person into the recovery position while waiting for help to arrive.



Tilt the head up slightly so that the airway is open and the hand in under the cheek. Stay close until help arrives.

## RESCUE BREATHING

- Place the person flat on his/her back. Tilt the head back.
- If you can't hear or feel anything, start rescue breathing: Pinch off the person's nose, lock your mouth over theirs, and give one breath every 5 seconds.



## IN CASE OF AN OPIATE OVERDOSE

### 1) CALL 911

Say that the person isn't breathing

### 2) Administer NALOXONE/NARCAN

3) If they have shallow or no breathing, start **RESCUE BREATHING**

If after 3 minutes, the person hasn't woken up, give a **2<sup>nd</sup> dose of naloxone/Narcan**.

If you have to leave the person for any reason, put them in the **Recovery Position**

### *Some facts about Naloxone/Narcan...*

Naloxone/Narcan works on fentanyl but may take more than 2 doses, so it is very important to call 911.

Naloxone/Narcan only lasts 30-90 minutes in the body. When the naloxone wears off, the overdose could come back.

Naloxone/Narcan is available in RI without a prescription at Walgreens, CVS and RiteAid. Insurance will cover the costs, except co-pay.

Store naloxone/Narcan at room temperature.

\*The usage of this brochure was granted by PONI-Preventing Overdose and Naloxone Intervention. You can reach them at **401-793-4790**



# Preventing Overdose Deaths

**How to prevent,  
recognize, and  
respond to an  
opiate overdose**



## COMMON CAUSES OF OVERDOSE AND HOW TO PREVENT THEM

### 1. **Mixing Drugs**

Taking similar drugs at the same time (i.e. opiates and alcohol or benzos) can dangerously slow your breathing.



For drugs with opposite effects (like speedballs), you can't feel its full effects so may use too much.

- If mixing opiates with other drugs, use the opiate first and less of each

### 2. **Lowered Tolerance**

Coming out of jail, detox, drug treatment... puts you at higher risk. The drugs may be stronger than what you're used to. If you are sick, tired, haven't eaten, or have lost weight, your tolerance may be lower.



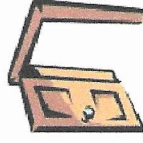
- **Start low, go slow.** You can always do more, but you can never do less!

### 3. **Using Too Much Too Fast**

- Smoking, snorting, muscling, mainlining, injecting, etc take different amounts of time to get you high.
- Buy only what you plan to use, or only have what you plan to use around.
- Prepare your own mix and inject yourself so you have control over how much you are getting

### 4. **Using Alone**

- **Use with friends** or have people in the room next to you.
- If alone, have a system where someone can check on you. For instance, you can call someone before you use, and call again later to check in.
- **Leave your door unlocked**, so friends or EMS can get in if they need to.



### SIGNS OF AN OPIATE OVERDOSE:

- Blue lips, fingernails, or toenails
- Slow or shallow breathing, or no breathing
- Pale and clammy skin
- Snoring or gurgling noises
- Unresponsive

#### **Examples of Opiates:**

heroin, morphine, fentanyl, oxycodone (Percocet®, Oxycontin®), hydrocodone, methadone, Darvocet®, Demerol®

**Chest Noogie** - If the person doesn't respond when you call their name, try rubbing their chest bone with your knuckles. If no response - call 911.

**To get connected to treatment and recovery services, call 401-942-7867**

### **HOW TO ADMINISTER**

#### **NALOXONE/NARCAN NASAL SPRAY:**

Remove the device from the package. Hold with thumb on the bottom of the plunger with your first and middle fingers on either side of the nozzle. Tilt the person's head back and provide support to the neck then **insert the tip of the nozzle into the nostril until your fingers are against the person's nose.** Press the Plunger firmly to give the dose.

