

What are Opioids?

Opioids are substances found in prescription pain relievers or illicit substances like heroin/meth. Re-pressed pills often contain the synthetic opioid fentanyl (ex: xanax, oxy, or ecstasy/molly).

What is an opioid overdose?

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.**

How to Prevent against Accidental Overdose:

- **Avoid mixing** opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy
- **If you use prescription opioids**, call your doctor if you miss or change doses, feel ill, or start new medication
- **If you inject opioids, know your limits:** avoid using alone, and do a test shot to see how strong the substances are first
- **Carry an overdose rescue kit, and learn how to administer naloxone** (turn page for instructions)

Adapted from the Illinois Department of Public Health

What happens next?

- Get them medical attention
- **DO NOT put the person in the shower/bath or expose them to extreme cold.** This can lower their body temperature and cause the person to die of hypothermia. It will not "shock them awake".
- Your friend may feel very sick when they wake up, as naloxone brings on immediate withdrawal. Work with the person to encourage them not to consume more substances, even though they may feel bad.
- They may be at risk of overdosing again 1-3 hours after the naloxone wears off, **even if they do not use again.**

Never use alone hotline: (800) 484-3731

Operator will stay on the line with you. If you stop responding, operator will notify emergency services of an "unresponsive person" at your location.

The Project of the Quad Cities offers nasal naloxone at no cost. Naloxone can be picked up at our office during normal business hours.

For patient education, videos and additional materials, please visit www.prevent-protect.org

Responding to an

OVERDOSE



Offering Free Narcan Kits
with training



309-762-5433
1701 River Drive STE 110
Moline, IL

Giving Naloxone:

1 Check for...

- Extreme sleepiness
- No response if you say their name or shake them
- Blue lips, fingernails
- Shallow Breathing

Rub your knuckles hard up and down their chest bone. Did they respond to the pain?

2 Call 911 and Give naloxone

- Administer Narcan;
- If no reaction in 3 minutes, give a second dose.
- IL law* protects you when calling for help - Don't be afraid to call 911!

3 Do rescue breathing and stay until help arrives

Follow 911 dispatcher instructions

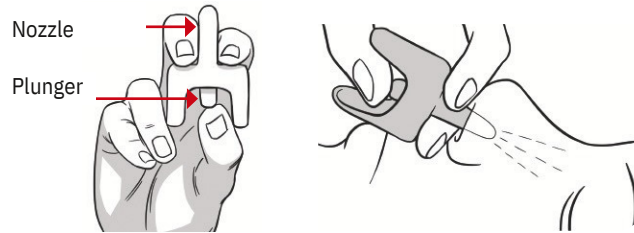
*(20 ILCS 301/5-23(d)(2))

What is naloxone and how do I give it?

Naloxone reverses opioid overdose. Naloxone works quickly and may require more than one dose. Follow the instructions below for your naloxone product:

Nasal spray

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



Injectable naloxone

This requires assembly. Follow the instructions below.

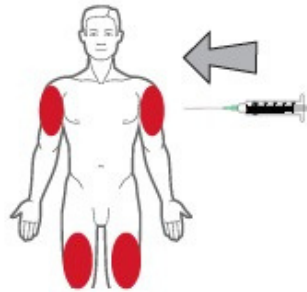
1 Remove cap from naloxone vial and uncover the needle.



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.

No Narcan?

You can still help with rescue breathing

Rescue Breathing

While you wait for the naloxone to kick in, perform reuse breathing on the person. Just tilt their head back, pinch their nose and give a deep breath every 5 seconds. **Do not give chest compressions.**



Continue to rescue breathe for them until they can breathe on their own.

Once they are breathing on their own, place them on their side with their hand under their head. This makes it so if they vomit, they will not inhale it.



If the person you are trying to help is suffering from a different illness or a non-opioid overdose and is unresponsive, Narcan will not hurt them.