

OPIOD OVERDOSE

Signs of an Overdose

B BREATHING	Breathing is shallow, gurgling, erratic, or completely absent
L LIPS	Lips and fingertips are blue due to decreased oxygen throughout the body
U UNRESPONSIVE	The victim will not respond to verbal or physical stimuli
E EYES	Pupils are pinpoint

ANYONE who uses high doses of opioid pain medication or uses opioids recreationally is at risk of overdose.

TREATMENT

National & Statewide Resources

FIND TREATMENT

<https://findtreatment.gov/>

THE OPIOID ASSISTANCE AND REFERRAL (OAR) LINE

<https://www.azdhs.gov/oarline/>
1-888-688-4222

ARIZONA 211

<https://211arizona.org/>

Local Resources

NALOXONE CAN REVERSE AN OPIOID OVERDOSE

HOW TO USE A NALOXONE KIT IN THE EVENT OF AN OVERDOSE

IF YOU THINK SOMEONE IS EXPERIENCING AN OVERDOSE:

- 1 Try to wake the person up
- 2 Give the first dose of naloxone
- 3 Call 911
- 4 Check for breathing
- 5 Be prepared to give a second dose of naloxone if needed



ARIZONA DEPARTMENT
OF HEALTH SERVICES

PREPAREDNESS



ARIZONA DEPARTMENT
OF HEALTH SERVICES

PREPAREDNESS

WHAT PUTS YOU AT RISK OF AN OVERDOSE?

When you take more opioids than your body can handle, you stop breathing and your brain stops functioning, leading to death. This occurs when:

- Your tolerance is lowered, due to recently getting out of detox, treatment, or jail
- You are using dope/pills that are stronger than you are used to, i.e. new cut, new dealer, higher mg
- Your immune system is weakened because you are sick or recently got over being sick
- You recently started injecting
- You are mixing opioids with benzos (Xanax/Valium, etc.) or alcohol – this is very dangerous!

To prevent overdose, don't use alone, start low and go slow, don't lock your door, and make sure those around you have naloxone.

HOW TO GIVE NALOXONE

- 1 Peel back the package to remove the device. Hold the device with your thumb on the bottom of the red plunger and two fingers on the nozzle.
- 2 Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.
- 3 Press the red plunger firmly to release the dose into the patient's nose.
- 4 After you administer the dose, call 911 and perform rescue breathing.
- 5 If the patient wakes up, they may feel very sick. Don't let them use again, even if they want to. Otherwise, they may overdose again. They may be at

PEEL



PLACE



PRESS



Naloxone Saves Lives!