

Overdose Education Checklist

The information provided below could be life-saving.

- ✓ Mixing drugs/medications—particularly opioids with benzodiazepines (e.g. Xanax) or alcohol—puts a person at especially high risk for overdose.
- ✓ Most fatalities come when a person is using alone. If a person uses alone, nobody is there to help if something goes wrong.
- ✓ Signs of overdose are: extreme sleepiness, slower breathing, non-responsive to verbal/touch, turning blue.
- ✓ Always call 9-1-1 immediately if you are witnessing an overdose. Even if the person is revived with Naloxone, they may still be at risk of death from return of overdose or other overdose-related medical complications.
 - ✓ Good Samaritan laws protect the person who OD'ed and the person who called 9-1-1 from arrest, as long as both remain at the scene.
- ✓ Rescue Breathing: no one dies from opiate overdose if they can be kept breathing!!! On back, forehead back, tip chin to open airway. Clear mouth and pinch nose, seal your mouth over theirs. 2 quick breaths, then 1 breath every 5 seconds
- ✓ Naloxone –
 - ✓ Store away from light and at room temperature.
 - ✓ Do NOT “test” the device. The entire contents will spray!
 - ✓ Spray one unit into one nostril. Breathe for them until naloxone starts to work and they start breathing on their own. If not working in 3 minutes, spray the second dose. If 2nd dose doesn't work, something else may be wrong. → GET HELP. Call 911 immediately!
- ✓ Return of overdose – Naloxone lasts 30-90 minutes in the blood. If you can't get them to a hospital, stay with them for 1 1/2-2 hours. Make sure they are okay once Naloxone wears off. Heroin OD may last 2 hours.