

Overdose is most common when:

- ✘ Your tolerance is down due to not using heroin or methadone – after incarceration, detox, or drug-free drug treatment.
- ✘ When drugs are mixed, especially heroin with other downers, like alcohol or benzos.
- ✘ When using alone – nobody is around to respond if you get into trouble.

Warning signs of a heroin overdose:

- ✘ Can't be woken up by noise or pain (try yelling their name or "Narcan!" and rubbing your knuckles on their breastbone)
- ✘ Blue or ashy lips and fingernails
- ✘ Slow (less than 1 breath every 5 seconds) or shallow breathing
- ✘ Gaspings, gurgling, or snoring
- ✘ Vomiting

If the person is conscious, but can't talk, try to keep them awake and watch their breathing.

MORE INFORMATION

Overdose Prevention
call toll-free:
1-866-STOP-ODS
Drug Treatment in California
call toll-free:
1-800-879-2772 or
1-800-662-4357
HIV Testing or Treatment
in California
call toll-free:
1-800-367-AIDS (English/Spanish)
TDD 1-888-225-AIDS

SANTA BARBARA COUNTY ALCOHOL & DRUG PROGRAM

300 N. San Antonio Road
Santa Barbara CA 93110
(805) 681-5440

Santa Barbara County
24/7 Access & Crisis Hotline
888-868-1649



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

Opiate Overdose Prevention and Survival

got naloxone?



Santa Barbara County
Department of
Behavioral Wellness

When someone is overdosing...

REMEMBER TO S.C.A.R.E M.E

STIMULATION

- ✘ Try to wake them up by calling their name, shouting "Narcan!", shaking them, pinching their fingernails, or raking their breastbone with your knuckles.



CALL 911

- ✘ If they don't respond to noise or pain, call 911. If you must leave the person alone to make the call, put them in the recovery position.*
- ✘ Give address/location
- ✘ Say, "The person is unconscious and not breathing."
- ✘ *You don't have to say that any drugs are involved until the ambulance arrives.*



AIRWAY

- ✘ Make sure nothing is blocking their airway, then watch their chest and put your cheek over their nose and mouth to feel for breathing.



RESCUE BREATHING

- ✘ If they aren't breathing at least 1 breath every 5 seconds, tilt their head back, pinch their nose closed, and give one slow breath every 5 seconds until the paramedics arrive. Watch to see that their chest rises and falls with each breath.



EVALUATE

- ✘ Are they any better?
- ✘ Can you get to naloxone (Narcan) and prepare it quickly enough that they won't go too long without your help breathing?



*RECOVERY POSITION

If you must leave, give the person rescue breathing until you hear the ambulance sirens. Then, put the person on their side with their hands under their head. This way, if they vomit, they won't choke on it.



INTRANASAL ADMINISTRATION

- ✘ Assemble kit per instructions



- ✘ Administer one half of dose in each nostril

EVALUATE & SUPPORT

- ✘ Are they breathing on their own?
- ✘ If the first shot doesn't kick in after 4 minutes, give them a second dose of naloxone.
- ✘ Naloxone wears off in 30-90 minutes.
- ✘ Comfort the person – he/she will be dope sick from the naloxone. Try not to let him/her use more drugs until the naloxone wears off.

