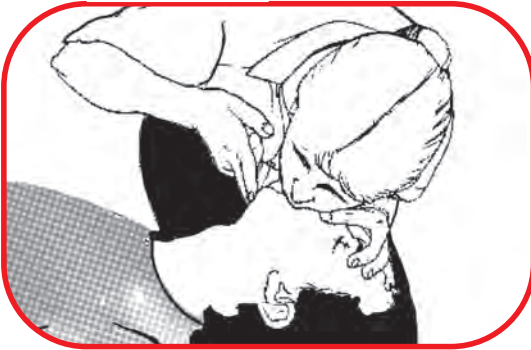


**BE A LIFESAVER!**  
**OVERDOSE  
 PREVENTION  
 AND SURVIVAL**



**1. CALL 911**  
 Llame al 911

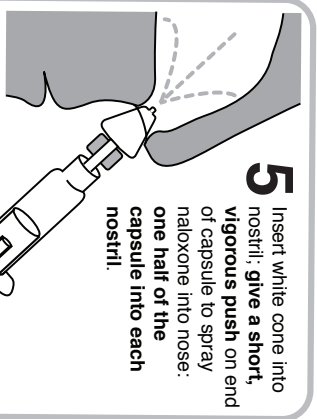
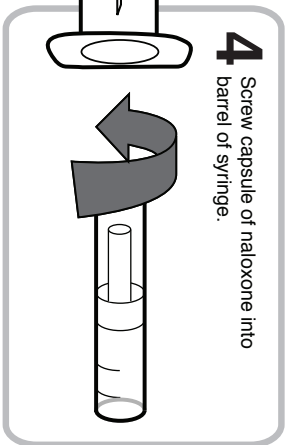
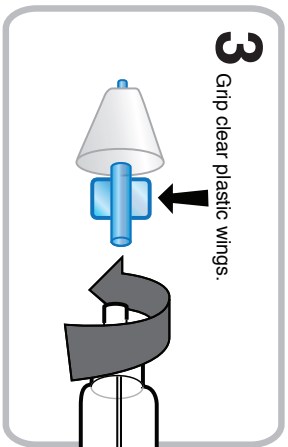
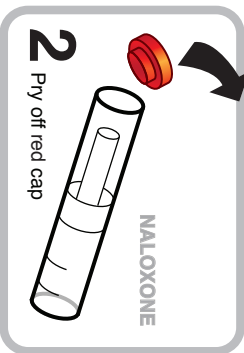
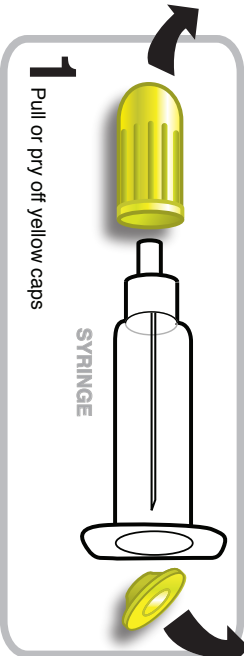


**2. RESCUE BREATHING**  
 Respiración  
 de Boca a Boca



**3. GIVE NARCAN**  
 Administra Narcan

**HOW TO GIVE NASAL SPRAY NARCAN**



HARM REDUCTION COALITION  
 22 WEST 27TH ST, NEW YORK, NY 10001 (212) 213-8476



The Drug Overdose Prevention and Education Project

Santa Barbara County Alcohol & Drug Program  
 (805) 681-5440

## OVERDOSE IS MOST COMMON WHEN:

- Your tolerance is down due to not using—whether you took a break, were in treatment, jail or had cut down on your use.
- When you mix drugs, especially a few kinds of downers, like heroin, methadone, benzos/pills and alcohol or any combo of those.
- When you get stronger drugs than you're used to. If the supply changes or you go to a new dealer or you're new in town.
- When you're alone—nobody is around to help if you go out.
- When you've been sick, tired, run down or dehydrated—your body can't handle the drugs as well if it is not healthy and nourished.

## HOW TO RECOGNIZE AN OVERDOSE:

- Blue or grayish lips and fingernails
- Clammy, sweaty skin
- Shallow or raspy breathing, snoring or gurgling sounds
- Won't wake up to yelling their name, or yelling "I'm going to Narcan you!"

If your friend is just in a heavy nod, but is still conscious and breathing, make sure to stay with them, walk them around, keep them talking and moving. Watch their breathing.

Someone can slip into an overdose hours after they got high!

Have your Narcan kit around just in case, you never know when you'll need it.

## ACTIONS:

### 1. Check to see if they can respond

- Give them a light shake, yell their name. Any response? Are they breathing?
- If you can't get a response, try a STERNUM RUB (rub your knuckles on their chest bone for about 10 seconds).

### 2. Call 911

- You don't need to mention drugs on the call—stick to the basics:
  - Give the address and location
  - Say "my friend is unconscious and I can't wake them up" or "my friend isn't breathing"

### 3. Rescue Breathing

- Make sure nothing is in their mouth
- Tilt head back, lift chin, pinch nose
- Give a breath every five seconds

### 4. Give Narcan

- If you have the Nasal Spray Narcan, spray half up one nostril, half up the other.
- If you have the Injectable Narcan, inject 1cc into the muscle of the upper arm, upper thigh, or upper/outer quarter of the butt.
- Keep rescue breathing if they haven't started breathing on their own.
- Give second dose of Narcan if there is no response after about 3 minutes.

### 5. After Narcan

- Remind the person that Narcan will wear off in about 30-45 minutes.
- Stay with them until they go to the hospital or the Narcan wears off to make sure the overdose doesn't come back.

## PREVENTING OVERDOSE

- Eat, sleep, drink water—keeping our bodies healthy can help reduce the risk of overdose!
- Be careful if you mix alcohol, benzos/pills, heroin or methadone—any combo of these drugs can cause your breathing and heart to stop working.
- Prepare your own drugs, know how strong your shot is and exactly what's in it.
- Have an OD plan with the people you use with. Empower yourself, learn how to do rescue breathing and get a Narcan kit!
- Always use with a friend or let someone know you're getting high so they can check on you. Keep doors unlocked so help can reach you if you're in trouble.
- Test out a new supply to see how strong it is—inject slowly or do less to start. Talk to others who copped from the same source.
- Go slow if you're just picking up after a period of not using, do a tester shot and have someone with you. Remember...you can always do more, but you can't do less!

got naloxone?

