

Stimulation

Shout, shake, rub chest with knuckles.

Call for Help

If they don't wake up, put them in the recovery position and call 911. State what you see: "The person is unconscious and not breathing." Clearly state the address of the overdose.

Airway

Make sure nothing is inside the person's mouth stopping the breathing.

Rescue Breathing

Breathe for them- tilt the head back, pinch the nose, and give 1 breath every 5 seconds.

Evaluate

Are they any better? Can you give naloxone (Narcan) and prepare it quickly enough that they won't go for too long without your help breathing? Breath comes first!



Muscular Injection

Prepare the naloxone and inject it straight into a muscle (upper arm, butt, or thigh).



Evaluate and Support

Are they breathing on their own? If not, return to rescue breathing. 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; try not to let them use more drugs until the naloxone wears off.

Recovery Position: Put the person on their side with their hands under their head (fetal position). This way, if they vomit, they won't choke on it.



North Carolina Harm Reduction Coalition

North Carolina Harm Reduction Coalition (NCHRC) is North Carolina's only comprehensive harm reduction program.

NCHRC engages in grassroots advocacy, resource development, coalition building and direct services for law enforcement and those made vulnerable by drug use, sex work, overdose, immigration status, gender, STIs, HIV and hepatitis.

We believe that the key to bringing sex workers, crack smokers, injection drug users and others who engage in high-risk activities closer to prevention and health services is to treat every person, regardless of their circumstance or condition, with dignity and respect.



NCHRC maintains staff in Fayetteville, Asheville and Durham, NC.

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North Carolina Harm Reduction Coalition

Opiate Overdose Prevention and Survival

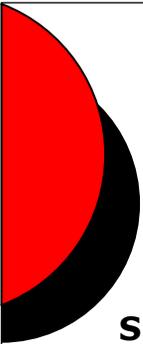
If you suspect an overdose,

Call 911

You **can not** be prosecuted for:

- ◆ Small amounts of drugs
- ◆ Possession of drug paraphernalia
- ◆ Underage possession or consumption of alcohol

Flip over to:
S.C.A.R.E. M.E.



Opiate Overdose Prevention and Survival

Signs of an Overdose

The #1 sign of an OD is:

Unresponsiveness

Other signs include:

- ◆ Not breathing, turning blue, deep snoring
- ◆ Vomiting
- ◆ Gaspings, gurgling

Risk factors:

- ◆ **Mixing** different types of drugs (Opiates with alcohol and/or benzos)
- ◆ **Quality** and differences in purity levels based off batch
- ◆ **Low Tolerance** due to not using opiates after incarceration, detox, or drug-free drug treatment
- ◆ **Using Alone** behind closed, locked door, unable to be found
- ◆ **Compromised Health** due to an infection, lack of sleep
- ◆ **Stressful or new environments**

Overdose Myths

The following **do not** work to reverse opiate and opioid-based overdoses, but are not limited to:

- ◆ Cold shower
- ◆ Letting them sleep it off
- ◆ Giving someone coffee or making them walk around
- ◆ Injecting with anything other than Narcan (salt water, milk, mayonnaise)

The only viable option when someone is experiencing an opiate overdose is to initiate rescue breathing, administer Narcan and seek medical assistance.

To find a drug treatment center near you, visit:

<http://findtreatment.samhsa.gov/>

or call

1-800-662-(HELP)4357

911 Good Samaritan and Naloxone Access Law

Naloxone (Narcan) is an effective, prescription medication that reverses opioid drug overdose.

For Overdoses: As of April 9th, 2013, a person who seeks medical assistance for someone experiencing a drug overdose **cannot** be prosecuted for possession of small amounts of drugs or for possession of drug paraphernalia if evidence for the charge was obtained as a result of the person seeking help. The victim is protected from these charges as well.

For Alcohol Poisoning: As of April 9th, 2013, an underage person who seeks medical assistance for someone experiencing alcohol poisoning **cannot** be prosecuted for possession or consumption of alcohol if evidence for the charge was obtained as a result of that person seeking help. However, the person must give their real name when seeking help and then remain with the victim until help arrives.

Immunity: Doctors and other providers who prescribe naloxone AND the people who administer naloxone in the case of an overdose will be immune from any civil or criminal charges as long as they act in good faith.