

# Emergency Preparedness

## Overdose Plan

**Using alone can put you at a high risk for an overdose and getting high with friends can look like getting high alone if there isn't an overdose plan in place.**

Did you know that being off of drugs (especially heroin, pain pills, or benzos), whether it is for 2 days or 2 years, puts a person at high risk for overdose? Relapse can happen, and reduced tolerance can cause an overdose even when using small amounts.

Dope is getting stronger and fentanyl is being laced into heroin and street pills. Even for the seasoned user, this is causing an increase in overdoses. So whether you are abstinent or not take this with you next time you meet with friends, and talk about some of these issues so that you can support each other.

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### Who is willing to call 911?

Does anyone have warrants, DCS cases, a probation or parole officer, or anything else that may prevent them from calling? Find out who will be the designated 911 caller in your friend group. If other people have to bail, ensure that somebody stays with the overdose victim, or at the very least, that the paramedics can easily find the person after you've called.

### 911 Tip:

If you say “my friend isn’t breathing” instead of “my friend is overdosing,” you may be able to avoid police showing up. Typically only the paramedics will arrive and they don’t usually call the police unless things are hectic. This isn’t foolproof, but a helpful suggestion.

### Does anyone live in government housing?

Some regular rental leases and government housing leases include a disclaimer that if there is police activity for ANY reason, an eviction notice is served. Consider that using in your buddy’s government-subsidized apartment may not be the best idea for this reason.

### Who has naloxone?

Naloxone is the opioid overdose reversal drug, which is available statewide in Arizona! Contact us for ways to get free Naloxone and make sure everyone in your friend group has one, knows where it’s kept in the house, and can use it to save a life. **83% of overdose reversals are done by PEERS - that means YOU!**



For more naloxone and harm reduction info  
contact Sonoran Prevention Works.

(480)442-7086  
[www.spwaz.org](http://www.spwaz.org)