

If you suspect an opiate overdose, rub the person's sternum hard with your knuckles. If they do not respond to the pain, call 911, & then give the person naloxone.



- 1 Pop the orange lid off of one vial. Stick an intramuscular 1” needle into the thin film & pull up all of the liquid.** If you don't have an intramuscular needle, you can use an insulin syringe, though it is not ideal.
- 2 Stick that bad boy in your friend's arm or thigh** and inject all of the medication. No need to look for a vein.
- While you're waiting for it to kick in, **perform rescue breathing** on the person. No need for chest compressions, just tilt their head back, plug their nose, and give a deep breath every 5 seconds.
- If the first dose doesn't wake your friend up within 2 minutes, **give them the second dose.** Use a new syringe.
- Continue to rescue breathe** for them until they can breathe on their own.
- Once they're breathing on their own, **place them on their left side** with their hand under their head.

**Read the back of this sheet for more important information**



For more naloxone and harm reduction info contact SPW at (480) 442-7086 | [www.spwaz.org](http://www.spwaz.org)

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## Important info to know about using Naloxone

Even with naloxone, **your friend may still be at risk of death if they have taken a mixture of benzos (Xanax, Valium, etc.) or alcohol with the opiates.** The presence of fentanyl will require a more rapid response, as it acts fast to cause an overdose.

Your friend will feel sick when they wake up, as naloxone brings on immediate withdrawal. **DO NOT LET THEM USE**, even if they want to otherwise they may overdose again. They may be at risk of overdosing again 1-3 hours after the naloxone wears off even if they don't use, so get them medical attention.

**When calling 911, you should be aware that law enforcement will arrive with the paramedics.** In Kingman, the police department will not arrest the 911 caller or the overdose victim for possession of a small amount of drugs, but they will run your name and either refer you to the courts or make an arrest if you have warrants.v

### What puts you at risk of an overdose?

Overdose happens when the opiate receptors in your brain get so filled with opiates, that your breathing slows to the point of respiratory failure. When you stop breathing, your brain stops functioning, leading to death. This usually happens when you take more opiates than your body can handle.

### This occurs when:

- Your tolerance is lowered, due to recently getting out of detox, treatment, or jail
- You are using dope/pills that are stronger than you are used to, i.e. new cut, new dealer, higher mg
- Your immune system is weakened because you are sick or recently got over being sick
- You recently started injecting, or regularly switch between smoking/snorting & injecting
- You are mixing opiates with benzos (Xanax/Valium, etc) or alcohol – this is very dangerous!!

### Ways to avoid overdosing:

- If you have a new source or you have been using less or not at all, test it out! You can always do more but you can't do less.
- Consider smoking or snorting instead of injecting so you know how strong it is.
- Try not to use alone. This way, if you fall out, there will be people around to witness it.
- If you are using alone, let people in the house know, if you can, & don't lock the door.