

## WHO IS AT RISK OF AN OVERDOSE?

Anyone who uses drugs or medications can overdose. Opioid overdose can cause death because you can stop breathing.

## WHAT ARE OPIOIDS?

Medicines for pain: Vicodin, Codeine, OxyContin, Percocet, Opana, Methadone, and Fentanyl. Heroin is also an opioid.

## WHAT ARE THE RISKS OF OVERDOSE?

- If you mix opioids with alcohol or medication that has a “downer” or relaxing effect (Xanax, Ativan, Klonopin, Valium or even sleeping pills).
- If you have been opioid-free for a while, and then take drugs or pain medicine, you are more likely to overdose.
- If you don't know how potent the drug is, it is easy to take too much. Heroin is “cut” with sugar, baking soda, or other things and depending on the mix it can be stronger or weaker.
- Pills also come in different strengths. OxyContin can be a 10mg pill or an 80mg pill. *Big difference!* Know what you are taking.
- If you take drugs or pain medications, try to be with other people who can help you if something goes wrong.

## SIGNS OF AN OVERDOSE:

### ARE THEY BLUE? PASSED OUT? SLEEPING?

If they took pills, drugs, medication, it could be an overdose! Are they:

- Not breathing, slow breathing?
- Lips or skin look blue or gray?
- Eyes rolled back?
- Limp, unresponsive?
- Slow pulse, no pulse?

## WHAT TO DO?

- **DON'T LEAVE THEM ALONE TO SLEEP IT OFF.**
- Call 911
- Try to wake them. Shake them. Call their name.
- Are they breathing? Put your ear close to their mouth. Can you hear or feel them breathing?
- If not, BREATHE FOR THEM (rescue breathing).
- If they have Narcan and you know how to use it, give them an injection into the muscle (thigh or upper arm) or use the nasal spray.
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## CALL 911

It Can Save a Life.

- Paramedics have oxygen and Naloxone (Narcan) and can take them to the hospital.
- When you call 911, the police may come too. Sometimes people are afraid to call 911 for fear of getting in trouble, but if you don't call, the person could die.

## BREATHE FOR THEM

It Can Save a Life.

- Roll them on their back
- Tilt their head back
- Remove anything in their mouth
- Pinch their nose shut
- Take a deep breath and breathe into their mouth, 2 breaths to start, then 1 breath every 4 seconds

Breathing for them can keep them alive, but it's hard to do for long, so **call 911 FIRST.**

## ADMINISTER NARCAN

It Can Save a Life.

- If you have Narcan and you know how to use it, you can save a life.
- Available in nasal spray and injection.
- It is important that even if Narcan is administered, and the person appears to have “bounced back,” emergency medical care is still sought.

## What is Narcan?

Also called "Naloxone," Narcan is a safe, effective medication that can save a life by stopping an opioid overdose. Paramedics and ambulances carry Naloxone. If you use opioids, or know someone who does, you can also get Narcan from a doctor to have with you in case of overdose.

Narcan is usually injected with a syringe. It can be injected into a muscle in the thigh or upper arm. It also comes in a nasal spray. It cannot be taken by mouth.

## Narcan Training/Information

If you use opioids, or know someone who does, and you would like training on how to administer Narcan, information is available at:

<https://www.pavtn.net/act-139-training>

(Online Training)

For information on Narcan: [www.prescribtoprevent.org](http://www.prescribtoprevent.org)

## Prevent Overdose

Avoid mixing opioids with other drugs or alcohol.

Know what you are taking and how strong it is; *if you aren't sure take less.*

Know your tolerance; *if you aren't sure take less.*

Make sure someone is there who knows how to help you if something goes wrong.

Learn rescue breathing.

Learn how to give Narcan.

Keep Narcan with you in case of overdose.

## 24/7 Emergency Detoxification Services:

### White Deer Run Regional Support Center:

1-866-769-6822

This service is designed to expedite detox services for all funding sources, for all populations.

## Level of Care Assessments:

### White Deer Run York Assessment Center:

717-771-2497

Individuals who reside in the greater York area who feel they may have a problem with drugs and/or alcohol and are not in need of detox, should call the White Deer Run York Assessment Center to schedule a Level of Care Assessment. Individuals who reside outside of the greater York area may contact a York/Adams Drug & Alcohol Commission (YADAC) contracted Outpatient provider to schedule a Level of Care Assessment. YADAC contracted outpatient providers are listed on the YADAC website: [www.ycd-a.org](http://www.ycd-a.org). Assessments are (typically) free of cost to individuals with the exception of the DUI mandated individual.

## York/Adams Drug & Alcohol Commission

100 West Market Street, Suite B04

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717-771-9222

[www.ycd-a.org](http://www.ycd-a.org)

Thank you to Prevention Point Pittsburgh in creation of this brochure.

If someone  
**OVERDOSED**  
would **YOU** know  
what to do?

This could help you  
**SAVE A LIFE!**

