

OPIOIDS INCLUDE HEROIN AND PRESCRIPTION PAIN MEDICATIONS:

- Vicodin (Hydrocodone)
- OxyContin (Oxycodone)
- Dilaudid (Hydromorphone)
- MS Contin (Morphine)
- Fentanyl
- Percocet
- Methadone
- Others
- **If someone takes more opioids than their body can handle, they can pass out, stop breathing, and die.**
- **Overdose can take minutes or even hours to occur.**
- **ANY improper use of opioids, even prescription, can be fatal.**

OVERDOSE RISKS:

- Restarting opioids after a break. Tolerance drops after just a few days.
- Using opioids at the same time as alcohol or sedating drugs like sleep aids and benzodiazepines (inc. Valium and Xanax)
- Taking prescription pain medicine more often or in higher doses than prescribed
- ANY HEROIN USE
- Taking someone else's pain medication
- Using long-acting opioids (Methadone) or powerful opioids (Fentanyl).
- Heart or lung disease

HOW CAN I GET NALOXONE?

Naloxone (Narcan) is a prescription medication that can temporarily stop the effect of opioids and help a person start breathing again. It is given as an intranasal spray.

In Washington state, you can get a prescription for Naloxone if you think you could:

- **Overdose on opioids yourself**
- **Help someone else who has overdosed**

There is Naloxone available at the Pacific County Public Health and Human Services Department. You can also go to stopoverdose.org to see if Naloxone is available from a pharmacy or doctor near you.

SUBSTANCE USE TREATMENT SERVICES

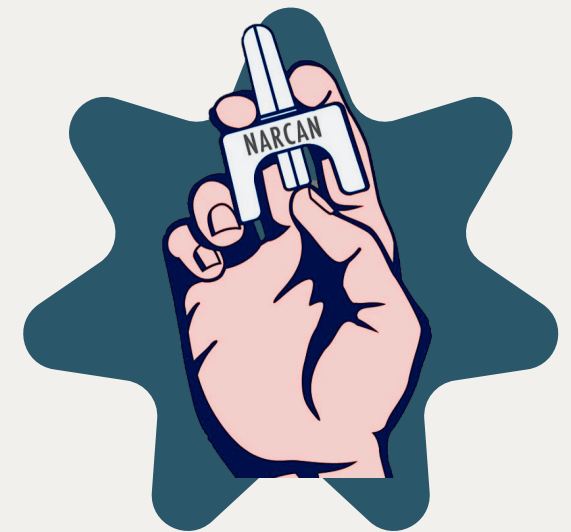
24-hour Crisis Help & Referral
warecoveryhelpline.org
(866) 789-1511

Cowlitz Family Health Center- North
Beach Clinic/ Ocean Park
(360) 665-3000

Quinault Wellness Center
(564) 544-1950

Fentanyl deaths are rising in WA State. Fentanyl is much stronger than other opioids and overdose can happen fast. You can't see or taste fentanyl. In WA, most pills not from a pharmacy are fentanyl. It can also be found in powders.

Opioid Overdose Response



If someone you know is using opioid pills, fentanyl, or heroin...

...would you know what to do if they overdosed?

This information could help you save a life.

TAKING ACTION IN AN OPIOID OVERDOSE

1. CHECK: COULD THIS BE AN OPIOID OVERDOSE?

Signs of an opioid overdose

- Slow or no breathing, they may look like they are sleeping
- Gurgling, gasping, or snoring
- Pale, gray, or blue fingernails
- Ashen, white lips on a person of color
- Cool, clammy skin
- Unresponsive to external stimuli

If the person shows signs and symptoms of an opioid overdose, give naloxone even if you don't know what substance the person took.

Naloxone is a safe medication that can **temporarily** stop the effects of opioids and help a person start breathing again.

Naloxone only works on opioids and will have no effect on someone who has taken a different substance. In Washington state, anyone can obtain naloxone at retail pharmacies, even if you don't have a prescription from a doctor. You can use the WA State Standing Order to dispense naloxone in lieu of a prescription from a primary care provider.

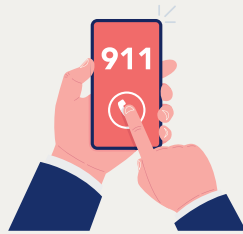
Try to wake them up:



- Shake them and call their name.
- Rub your knuckles hard over their chest bone.

If they don't wake up, you need to act fast!

2. CALL 911



- Say where you are and that the person isn't breathing.
- You don't need to say anything about drugs or medications.

3. GIVE NALOXONE AND START RESCUE BREATHING.

- **Give the naloxone.** Follow the instructions on the package or in the overdose rescue kit.
- **Start rescue breathing.**
- If they don't respond in 3-5 minutes, **give a second dose of naloxone. Keep rescue breathing.**



4. STAY WITH THEM.

- If they start to wake up and breathe, stay with them.
- **Watch them until medical help arrives.** Naloxone wears off in 30-90 minutes. When it does, the person can stop breathing again.
- If you must leave, put them into the recovery position and in a place they can be found.



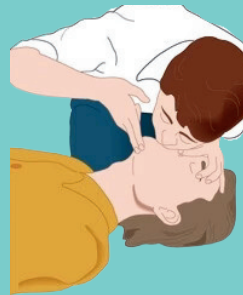
WA RCW 69.50.31

GOOD SAMARITAN LAW

If you get medical help for an overdose or alcohol poisoning, you and the victim cannot be charged for drug use, possession, or underage drinking.

RESCUE BREATHING

- Tilt head back. Lift chin. Pinch nose.
- Give **2 quick breaths.** Chest should rise.
- Then give **1 slow breath every 5 seconds.**
- **Keep going** until they start breathing or until help arrives.



RECOVERY POSITION



- Roll person on their side to help prevent choking.
- Put them so their hands support their head.
- Put one knee up to prevent the person from rolling onto their stomach.