



Risk factors for an opioid overdose:

- **Mixing drugs.** Do not mix opioids with anything else that might relax you or make you sleepy, such as: other opioids, benzodiazepines like Xanax and Ativan, sleeping pills, or alcohol.
- **Using alone:** Try not to use opioids alone. Many overdoses happen when nobody is around to help. Leave your door unlocked and let others know where you are and what you are doing. Keep your phone next to you. If you feel like you are going to pass out, call 911 and give yourself naloxone.
- **Purity:** Heroin is not always of the same purity and could be mixed with other drugs or substances.
- **Tolerance changes:** If you have been incarcerated or recently detoxed, you cannot go back to using the same amount/dose to which you were once accustomed.
- **Physical changes:** COPD, liver, heart, lung, or kidney problems can impact your ability to handle opioids.
- **If you have overdosed before, you are at an increased risk to overdose again.**

What is an opioid?

Opioids include heroin and pain medications that can make you stop breathing. Examples of opioids include:

GENERIC	BRAND NAME
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans
Codeine	Tylenol with codeine, Tylenol #3
Fentanyl	Duragesic
Hydrocodone	Vicodin, Norco, Lorcet, Lortab, Zohydro
Hydromorphone	Dilaudid
Methadone	Dolophine, Methadose
Morphine	MSContin, Embeda, Kadian, Avinza
Oxycodone	Percocet, OxyContin, Percodan, Roxicodone
Oxymorphone	Opana

HEROIN is also an opioid.

Opioid Safety

How to recognize and manage an opioid overdose



Signs of an opioid overdose

A person may be having an opioid overdose if they:

- Are known to use opioids
- Will not wake up, even when you shake them
- Are breathing slowly or not at all
- Have lips or fingernails that are blue or gray-colored
- Have clammy or pale skin

IF YOU SEE THESE SIGNS, IT MAY BE AN OPIOID OVERDOSE!

You can save a life by lending a HAND:

HELP: Call 911

AIRWAY: Give rescue breaths

NALOXONE: Give naloxone. Repeat dose in 2-3 minutes if they do not wake up.

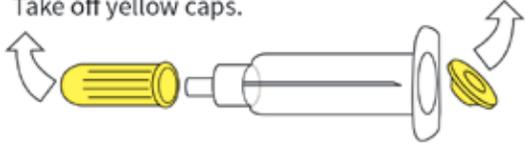
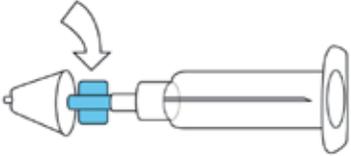
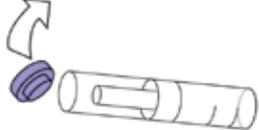
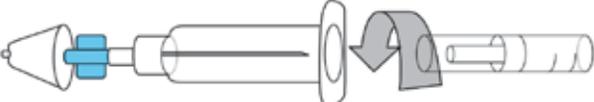
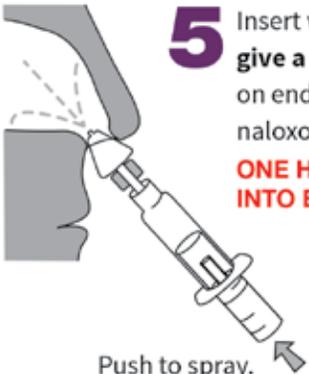
DON'T LEAVE! Wait until 911 help arrives. Do place the person on their side, in case they vomit.

These actions will NOT stop the overdose:

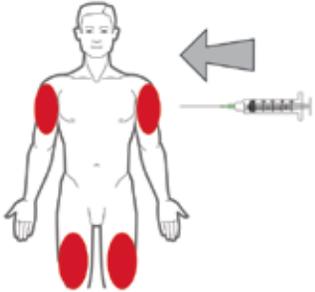
- **DO NOT** slap, pinch, burn, or hurt the person
- **DO NOT** place the individual in a bathtub with cold water
- **DO NOT** inject the person with bleach or any other substance other than naloxone
- **DO NOT** let the individual sleep it off
- **DO NOT** leave the person

How to give naloxone:

NASAL SPRAY NALOXONE

- 1** Take off yellow caps. 
- 2** Screw on white cone. 
- 3** Take purple cap off capsule of naloxone. 
- 4** Gently screw capsule of naloxone into barrel of syringe. 
- 5** Insert white cone into nostril; give a short, strong push on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.**  
- 6** If no reaction in 3 minutes, give second dose.

INJECTABLE NALOXONE

- 1** Remove cap from naloxone vial and uncover the needle. 
- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 mL. 
- 3** Inject 1 mL of naloxone into an upper arm or thigh muscle.  **fill to 1 mL**
- 4** If no reaction in 3 minutes, give second dose.

AUTO-INJECTOR



To learn more, please visit Harmreduction.org