

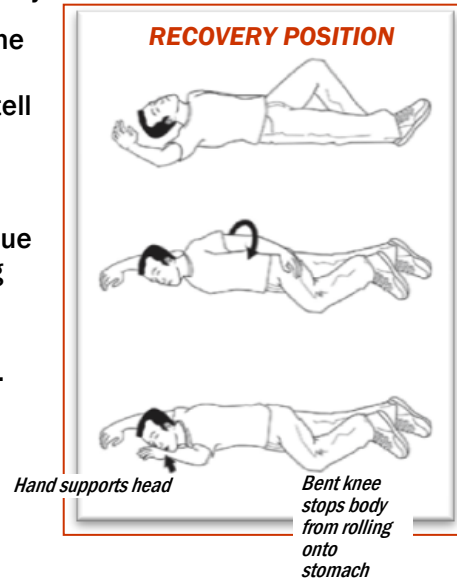
Step 1. Sternal Rub

Try to wake the person up.

- ▶ **Yell** their name
- ▶ **Rake your knuckles** into their breastbone.

If you have to leave the person, put the person in the **recovery position**. This way, they won't choke if they vomit.

If someone else is present, tell them to call 911 while you start rescue breathing and giving naloxone.



Step 2. Call 911

- ▶ **Tell them exactly where you are.** If you're outside, use the nearest intersection or landmark. If you can send someone out to the street to wait for the ambulance.
- ▶ Phone tips: **Stay calm.** Quiet the scene. Tell the 911 operator someone is **NOT RESPONDING** and **NOT BREATHING**. You do not need to say overdose.
- ▶ When medics arrive, tell them what drugs, medications the person was taking.
- ▶ If you're afraid of the cops, can't stay and no one else is around, **you can still call 911!** (Remember to put them in the **RECOVERY POSITION!**)

Step 3. Rescue Breathing

Check **A&B: Airway & Breathing**

- ▶ Make sure nothing is blocking the airway.
- ▶ Put your cheek near their nose and mouth to watch and feel for breathing.

If not breathing:

- ▶ Carefully place the person on their back.
- ▶ Tip their head back. Put one of your hands under the person's neck.
- ▶ Use your other hand to pinch their nose closed.
- ▶ Make a seal over their mouth with your mouth. Use a mask if you have one.
- ▶ Give the person 2 breaths.
- ▶ Watch their chest rise as the breaths go in.

Give 1 slow breath every 5 seconds.

Count outloud:

One-one-thousand . . .

Two-one-thousand . . .

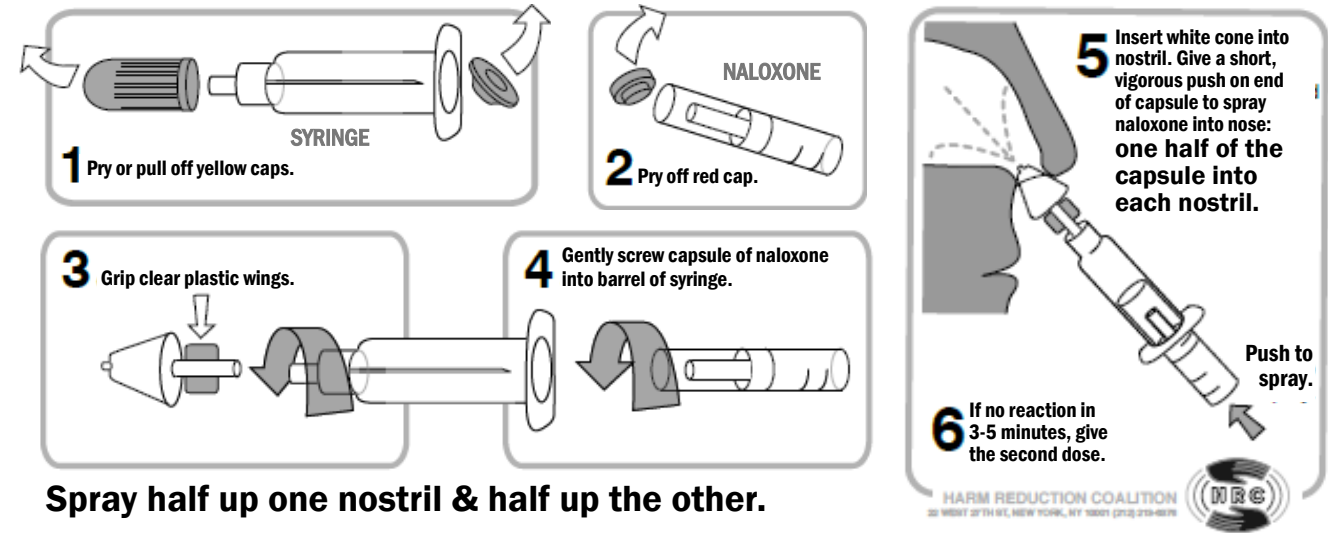
Three-one-thousand . . .

Four-one-thousand . . .

BREATHE.

Rescue breathing is very important. It can determine whether someone lives or dies. Only a few minutes without oxygen can result in brain damage.

Step 4. Naloxone



Spray half up one nostril & half up the other.

Step 5. Continue Rescue Breathing for 3-5 Minutes

If the person does not respond, give a second dose of Naloxone.

- ▶ Naloxone wears off in 30-90 minutes.
- ▶ Comfort the person. They may be in withdrawal from the naloxone. But the overdose can come back once the naloxone wears off or if they use too soon.
- ▶ Do not let the person use again too soon!

After your friend comes to and starts to breathe:

- ▶ Stay with them.
- ▶ Monitor their breathing.

They can still slip back into an overdose.

The Naloxone will wear off sooner than the opioid!

911 Good Samaritan Law

Under Washington law, if you think someone is **OVERDOSING** and you **SEEK MEDICAL HELP** for the victim, neither of you will be charged for **POSSESSING** or **USING** a **SMALL AMOUNT** of **DRUGS**.

The law does **NOT** protect you from:

- ▶ Outstanding warrants
- ▶ Probation or parole violations
- ▶ Drug dealing (scales, baggies, cash, etc.)
- ▶ Crimes other than drug possession (like weapons possession or if you're driving drunk or high)

Where to get Take-Home Naloxone

The opioid overdose antidote (Narcan®)

Take-home naloxone locator is available at: www.stopoverdose.org

What is Naloxone?

It is a prescription medicine that reverses an opioid overdose. It cannot be used to get high and is not addictive. Naloxone is safe and effective; emergency medical professionals and doctors have used it for decades.

Who Can Carry or Administer Naloxone?

Washington State law (RCW 69.50.315) allows anyone at risk for having or witnessing a drug overdose to obtain a prescription for naloxone. Users, family members and concerned friends can all carry naloxone in the same way family members of people with allergies are allowed to carry an epinephrine syringe ("epi-pen").

For more information visit
www.StopOverdose.org

Signs of Opioid Overdose

- ▶ Can't be woken up by noise or pain
- ▶ Blue or gray lips and fingernails
- ▶ Slow, shallow, or no breathing (less than 1 breath every 5 seconds)
- ▶ Gaspings, gurgling, or snoring

What NOT to Do if Someone Overdoses

- ☒ **DO NOT** give them stimulants like coffee, speed or cocaine. It won't help.
- ☒ **DO NOT** put the person in an ice cold bath. It won't help and it could hurt them.
- ☒ **DO NOT** inject them with salt water or milk. It won't revive them.

Resources for Help

Medication safety– WA Dept. of Health
<http://tinyurl.com/wa-doh-tad>

Washington Recovery Help Line
24-hr help & treatment referrals for substance use, gambling & mental health
www.WARecoveryHelpLine.org
1-866-789-1511

Washington Poison Center
www.wapc.org
1-800-222-1222

Suboxone®/buprenorphine treatment locator
<http://tinyurl.com/locate-bup>

Treatment locator
www.findtreatment.samhsa.gov

Overdose Risks

- ▶ **Prior overdose**
If you have overdosed before, you are likely to overdose again. Keep naloxone near you.
- ▶ **Loss of tolerance**
If you have been off opioids for a while (detox, hospital, illness, etc.), your body can't handle the same amount it did before. Start with a smaller amount.
- ▶ **Mixing Drugs**
Mixing opioids with downers like benzos or alcohol can be deadly. Uppers and downers **do not** cancel each other out.
- ▶ **Strength & quality**
Be careful when you use a new opioid, "start low and go slow".
- ▶ **Using alone**
When you use opioids alone or behind a locked door, nobody can help you if you overdose. It is safer to not use alone or keep the door unlocked, especially if you take more opioids than usual or use them with other medications, drugs or alcohol.
- ▶ **Letting someone else give you your opioids.** Be in control, know what you are using.

Overdose training & information is available at
www.StopOverdose.org

Adapted from Public Health-Seattle & King County materials
4/23/2013

Be a PRO!

Prevent & Reverse Overdose



Save a Life!