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OVERDOSE PREVENTION

Overdose is more likely when:
- You use by yourself
- You mix opioids with alcohol or other drugs
- Your tolerance is low because you haven't used recently
- You have a chronic disease (HIV/AIDS, HepC, COPD) or an acute illness (pneumonia, flu).

OVERDOSE RECOGNITION

Signs of overdose include:
- Can't be woken up
- Slow or no breathing
- Limp body
- Fingernails or lips turning blue
- Unable to speak/incoherent
- Vomiting or gurgling noises

OVERDOSE RESPONSE

1. Call 911 - tell them someone is not breathing
2. Rescue breathing
3. Give naloxone (Narcan)
4. Stay until help arrives, roll the person on their side if you have to leave

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NALOXONE

- Naloxone starts working in 3-5 minutes and lasts 30-90 minutes
- Keep rescue breathing until naloxone starts to work.
- If there is no improvement in 5 minutes, give another dose.
- Naloxone may cause withdrawal symptoms - DO NOT let person use more opioids.

INJECTABLE NALOXONE	NASAL NALOXONE
1. Remove cap from naloxone and syringe. 2. Insert needle through rubber plug. 3. Pull back on plunger until there is 1cc in the syringe. 4. Inject into a large muscle (thigh or upper arm).	1. Remove all caps. 2. Screw glass vial into plastic tube. 3. Screw nasal atomizer into plastic tube. 4. Inject half of vial into each nostril.

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