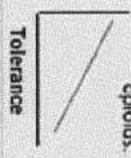


# OPIOID OVERDOSE: RISK FACTORS & PREVENTION

## 1. CHANGE IN TOLERANCE TOLERANCE CHANGES WHEN PEOPLE LEAVE...

Tolerance decreases rapidly after people stop using opioids.



TREATMENT PRISON DETOX

OD Prevention: Use less drugs when tolerance is lower. Do a tester.

## 2. CHANGING OPIOIDS

All opioids are not created equally. Some are stronger than others.



OD Prevention: Do a tester when switching drugs. Ask people about their experience. Does it taste, smell or look different?

## 3. CHANGING SETTINGS

New environment = lowers your tolerance and increases your risk of overdosing

OD Prevention: Be cautious when using/fixing in a new place. Do a tester.

## 4. IV/INJECTION USE

If you use by injection you are higher risk of overdose.

OD Prevention: Consider other ways to use drugs. (switch from IV use to oral/nasal).

## 5. COMBINING OR MIXING DRUGS

The more drugs you take, especially with depressant effects like opioids, alcohol and/or benzos, the higher your risk of overdose.

OD Prevention: Use one drug at a time. Use less of each drug you are using.

## 6. PREVIOUS OVERDOSE

If you have overdosed before, you are higher risk for overdose.

If you have a compromised liver, kidney, and/or breathing conditions you are higher risk for overdose.

## 8. USING ALONE or IN A RURAL AREA

OD Prevention: Use with friend (but don't share equipment). Advise someone that you are going to use. Have them check in periodically. Leave door unlocked.

**FINAL PREVENTION TIP:** Always store your naloxone at room temperature and let people know you have a kit & where its kept!

# Naloxone

is an antidote for opioids which can include:

- Codine
- Demoral
- Hydrocodone
- Heroin
- Oxycodone
- Dilaudid
- Morphine
- Suprorphine
- Fentanyl
- Methadone

## 1 Signs of an Overdose

- Soft/no breath or snoring
- Small pupils
- Blue lips, nails, or skin
- Cold, clammy skin
- Limp body
- Doesn't respond to shouting

## 2 Call 911

## 3 Give Naloxone

Break drug ampoule → Pull into needle slowly → Inject into large muscle

## 4 Check The Person's Breathing

**Breathing**

Put person in recovery position → Hand supports head, knee brace body from rolling onto stomach → Push hand and feet in center of chest to the base of Spine/Neck → Give compressions until help arrives

**Not Breathing**

## 5 Stay Calm

Don't put them in a bathtub/shower. Don't inject stimulants (ie. meth).  
Wait for help to arrive. Don't start them up.