

# OVERDOSE FACTS & FIGURES



In 2017, overdoses involving **opioids** killed an **estimated 47,600 people** in the United States.<sup>1</sup>



People who have had a nonfatal overdose are at **heightened risk** of fatal overdose.



Naloxone is a medication that can **reverse opioid overdoses** and should be used as soon as possible during a suspected opioid overdose.



**Naloxone is easy to use.** You do not need to be a medical professional to save a life.



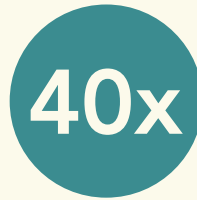
Naloxone is only effective to reverse opioid overdoses, but is so **safe** that it will not cause harm or exacerbate other medical conditions.



Naloxone is **not addictive** and cannot make a person high.



Access to naloxone **does not lead to increased drug use.**<sup>2</sup>



Opioid overdose death is **40 times** more likely within two weeks after incarceration.<sup>3</sup>

1. CDC. (2018). Drug Overdose Deaths in the United States, 1999–2017. [www.cdc.gov/nchs/products/databriefs/db329.htm](http://www.cdc.gov/nchs/products/databriefs/db329.htm)
2. Seal, K. H., et al. (2005). Naloxone distribution and cardiopulmonary resuscitation training for injection drug users to prevent heroin overdose death: a pilot intervention study. [www.ncbi.nlm.nih.gov/pmc/articles/PMC2570543/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2570543/)
3. Ranapurwala, S. I., et al. (2018). Opioid Overdose Mortality Among Former North Carolina Inmates: 2000–2015. <https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2018.304514>



Without saving a life today, there's **no hope** of recovery tomorrow.



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[www.addictionresourcecenter.org](http://www.addictionresourcecenter.org)

# Naloxone

is an antidote for opioids, which can include:

{ Heroin Codeine Demerol Hydromorphone Oxycodone  
Fentanyl Dilaudid Morphine Buprenorphine Methadone

1

## Signs of an Overdose



Limp  
body



Doesn't respond  
to shouting



Soft/no breath  
or snoring



Blue lips, nails,  
or skin



Cold,  
clammy skin



Pinpoint  
pupils

2

Call 911

3

## Give Naloxone



Pull into needle  
very slowly



Inject into  
large muscle

or



Place your thumb  
on the plunger



Press plunger  
firmly into nostril

4

## Check the Person's Breathing

Breathing



Put person in  
recovery position

- Hand supports head  
- Knee stops body from  
rolling onto stomach

Not Breathing



Give rescue breathing  
until help arrives

Tilt head back, pinch  
nostrils closed, give  
1 breath every 5 sec

5

## Stay Calm

Don't put them in a bathtub/shower  
Don't stand them up

Don't inject stimulants (ie. meth)  
Wait for help to arrive

If they aren't breathing after  
2-3 min, give another dose

# WHAT IS NALOXONE?

Naloxone is a medication that can reverse opioid overdoses.



Very safe



Easy to administer



Not addictive



Wears off in about an hour



Only reverses overdoses caused by opioids

Naloxone is bystander-administered. It is so safe, that even if you're not sure whether the medical emergency was caused by opioids, some other drug, or another medical condition, administering naloxone will not cause harm.



3 FDA-approved forms:

- Narcan® nasal spray
- Evzio® auto-injector
- Injectable naloxone



**To find naloxone near you call  
833-301-HELP**

SAMHSA. (2018). Opioid Overdose Prevention Toolkit. <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

NIDA. (2017). Naloxone for Opioid Overdose: Life-Saving Science. <https://www.drugabuse.gov/publications/naloxone-opioid-overdose-life-saving-science/naloxone-opioid-overdose-life-saving-science>



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# CARING FOR SOMEONE AFTER AN OVERDOSE



Naloxone is a temporary antidote to opioid overdose.



People who have had a nonfatal overdose are at heightened risk of fatal overdose.



It's important to get emergency medical care, or they could go back into an overdose.



With the necessary support, a nonfatal overdose can become an opportunity for intervention.



Someone who has been revived with naloxone may feel scared, confused, and agitated.



Comprehensive treatment is essential to treating addiction.



They may be experiencing symptoms of opioid withdrawal, such as headache and vomiting.



Recovery is possible. There are 23 million Americans in recovery from substance use disorders.

SAMHSA. (2018). Opioid Overdose Prevention Toolkit. <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

OASAS & Partnership for Drug-Free Kids. (2012). Survey: Ten Percent of American Adults Report Being in Recovery from Substance Abuse or Addiction. [www.oasas.ny.gov/pio/press/20120306recovery.cfm](http://www.oasas.ny.gov/pio/press/20120306recovery.cfm)



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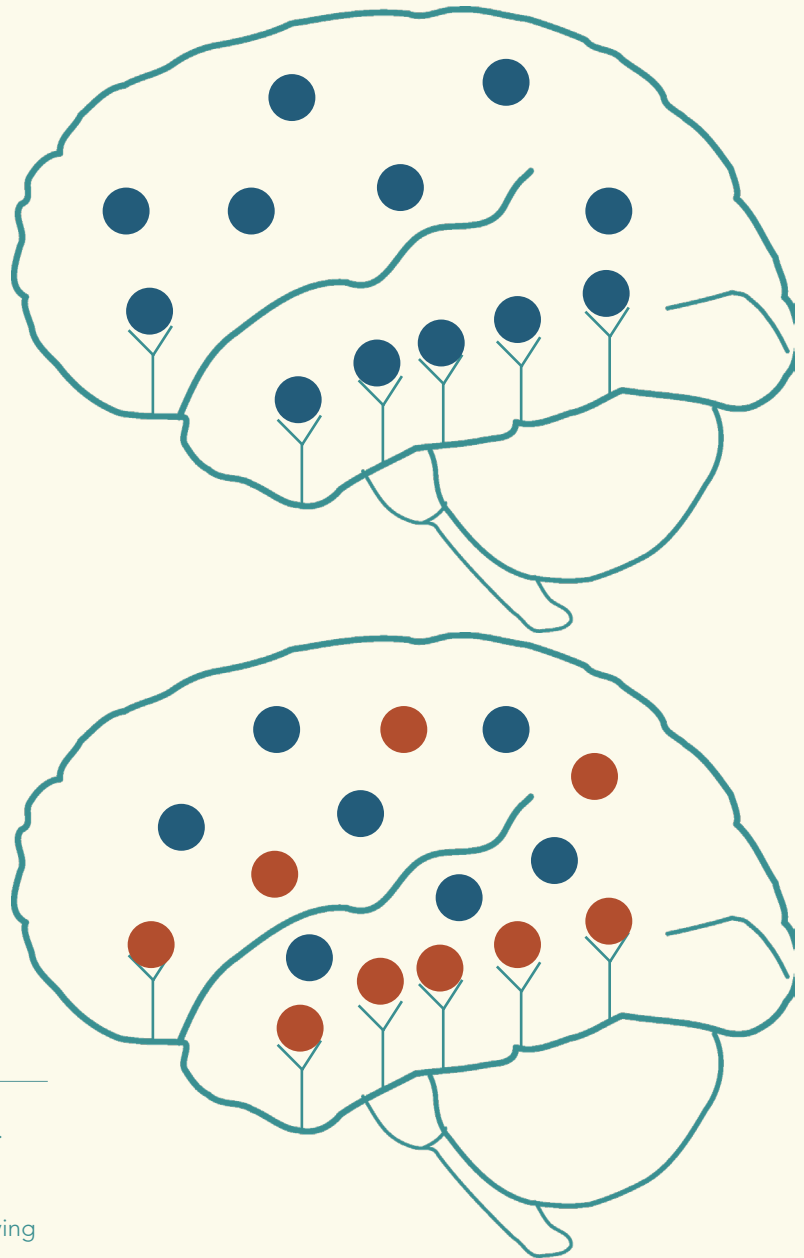
# HOW NALOXONE WORKS

Naloxone works by binding to the same brain receptors that opioids do and pushing out the opioids that are causing the overdose.

 Opioid Receptor

 Opioid

 Naloxone



SAMHSA. (2018). Opioid Overdose Prevention Toolkit. <https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

NIDA. (2017). Naloxone for Opioid Overdose: Life-Saving Science. <https://www.drugabuse.gov/publications/naloxone-opioid-overdose-life-saving-science/naloxone-opioid-overdose-life-saving-science>

# PREVENTING AN OVERDOSE

Anybody taking an opioid – prescribed or illicit – can experience an opioid overdose. These steps can help people stay safer:



## Caution

Don't mix opioids with other substances, such as benzodiazepines (e.g. Xanax®), alcohol, or cocaine. Go slow, especially if taking the substance in a different way, if it came from an unfamiliar source, or after a period of abstinence.



## Awareness

Illicit drugs, such as cocaine, K2, and counterfeit pills, can be laced with strong opioids like fentanyl, putting someone who might not know that they are using an opioid at risk of opioid overdose.



## Reversal

Don't use alone. Get naloxone and speak to loved ones about where it's kept and how to use it.



## Empower

Medication assisted treatment relieves cravings and decreases overdose deaths. Recovery from the disease of addiction is possible.



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# WHAT ARE OPIOIDS?

Opioids can be prescribed pain relievers or illicit drugs:

- Heroin
- Fentanyl (e.g. Duragesic®)
- Hydrocodone (e.g. Vicodin®)
- Hydromorphone (e.g. Dilaudid®)
- Oxycodone (e.g. OxyContin®, Percocet®)
- Oxymorphone (e.g. Opana®)
- Codeine (e.g. Tylenol® #3 and #4)
- Morphine (e.g. MS Contin®)
- Meperidine (e.g. Demerol®)
- Buprenorphine (e.g. Suboxone®)
- Methadone (e.g. Dolophine®)



Opioid use can lead to dependence and addiction.



Opioids act on parts of the brain that control pain. They also affect the areas of the brain that control breathing. During an opioid overdose breathing can slow or stop, which can cause loss of consciousness, coma, or death.<sup>1</sup>



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  2. CDC. (2018). Drug Overdose Deaths in the United States, 1999–2017. [www.cdc.gov/nchs/products/databriefs/db329.htm](http://www.cdc.gov/nchs/products/databriefs/db329.htm)



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# OVERDOSE VIDEOS

## Naloxone Facts

Naloxone is now available in many places without a prescription. Naloxone is a temporary antidote for overdoses from opioid drugs.

WATCH: Click here to learn the 5 things everyone should know about Naloxone here. (<https://www.youtube.com/watch?v=NgiODjaARP4>)

## Naloxone Administration

Naloxone is a temporary antidote for opioid drugs.

WATCH: Learn how to administer it here. (<https://www.youtube.com/watch?v=JJmCfseNtsU>)

## Addiction & the Brain for Kids

This kid-friendly video explains how repeated substance use can hijack brain function.

WATCH: Learn the importance of delaying use until the brain has fully developed. ([https://www.youtube.com/watch?v=s0bqT\\_hxMwI](https://www.youtube.com/watch?v=s0bqT_hxMwI))

