

For more information visit
<http://StopOverdose.org>

Robert Clewis Center
Needle Exchange
Mon-Fri 1-5pm & Sat 2-4pm

Treatment & Referral Resources

Washington Recovery Help Line
24-hr help for substance use, problem gambling and mental health
www.WArecoveryHelpLine.org
1-866-789-1511

SAMA Foundation
Help for youth and families
www.SamaFoundation.org
206-322-7262 (Seattle)
1-888-922-7262 (toll free)

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

Robert Clewis Center Social Work Office
Help getting into treatment, M-F afternoons
206-477-8241

Public Health 
Seattle & King County

Robert Clewis Center
Needle Exchange Program
2124 Fourth Avenue
Seattle, Washington 98121
kingcounty.gov/health/hiv
206-263-2000

Alternate formats available

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Signs of Opiate 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)
- ▶ Gasping, gurgling, or snoring

What NOT to Do if Someone Overdoses

- ⚠ **DO NOT** put the person in an ice cold bath. This could put them in shock or they could drown.
- ⚠ **DO NOT** inject them with salt water or milk. It won't revive them. And in the time it takes to find a vein, you could be doing rescue breathing.
- ⚠ **DO NOT** inject them with speed or cocaine. It's not a good use of time and can make them worse. It's one more drug their body has to deal with.

Drug overdoses kill more than two people per day in WA State.

Make a Plan

Now that you know the basics, talk to your friends and partners so you all know what to do if you or someone you care about overdoses.

Make agreements for what you want to happen.

At what point should someone call 911?

Should you take the person's ID, drugs, or paraphernalia?

Does the person want naloxone?

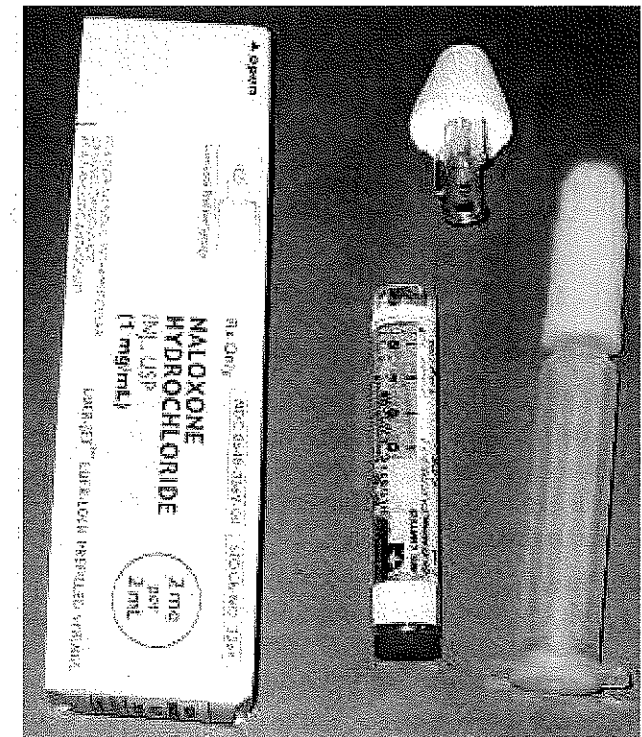
Come up with a plan that you all can realistically use if an overdose happens.

Overdose Risks

- ▶ **Prior overdose**
If you have overdosed before, you are likely to overdose again. Keep naloxone near you. And don't use alone.
- ▶ **Loss of tolerance**
If you have been off heroin or other opiates for a while (jail, detox, illness, etc.), your body can't handle the same amount it did before. Make sure you start with a smaller amount. Do a tester shot.
- ▶ **Mixing Drugs**
Mixing heroin or other opiates with downers like benzos or alcohol can be deadly. Uppers and downers **do not** cancel each other out. Be aware of the risks of mixing drugs.
- ▶ **Strength & quality**
When you use a new supply or dealer, do a tester shot first. And inject slowly. Talk to others.
- ▶ **Using alone**
When you fix alone (or behind a locked door like in a bathroom) nobody can help you if you overdose. Try not to use alone. Leave the door unlocked. Let someone know where you are.
- ▶ **Not preparing or injecting your own shot**
Cook or mix your own drugs. Learn how to inject yourself and control your own high.

Be a PRO!

Prevent & Reverse Overdose



Save a Life!

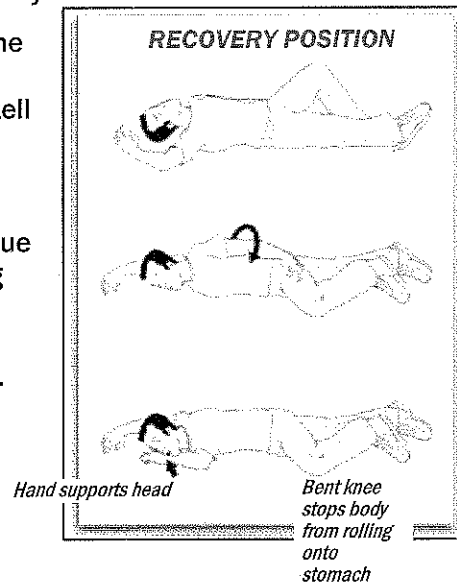
Step 1. Sternal Rub

Try to wake the person up.

- ▶ Yell their name, "cops" or "naloxone."
- ▶ 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're squatting, 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 drug overdose.
- ▶ When medics arrive, tell them what drugs 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.

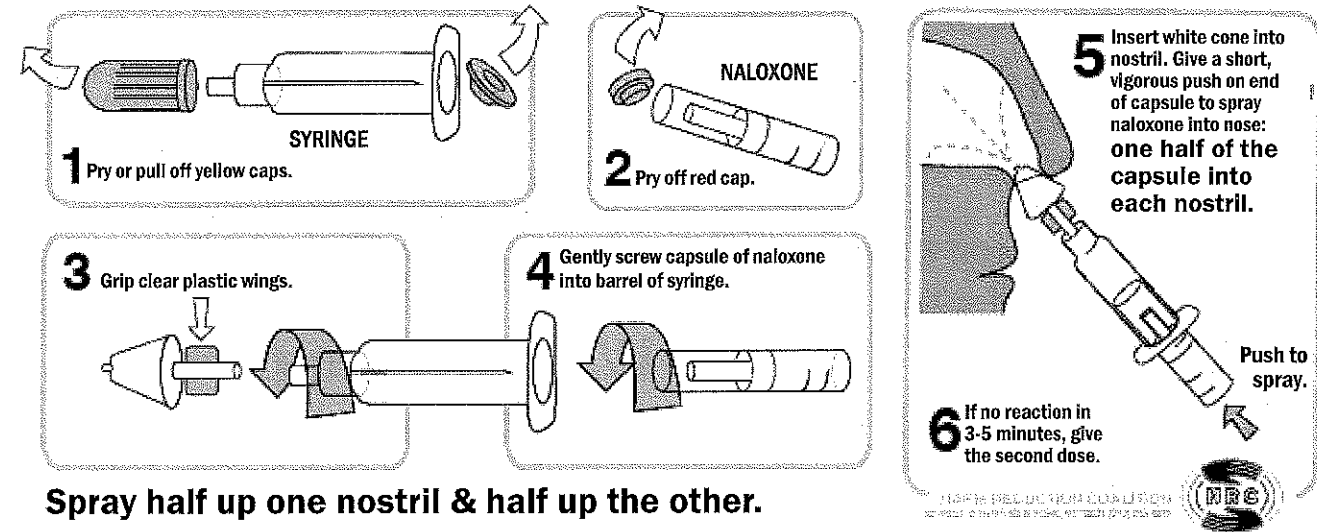
Give 1 slow breath every 5 seconds.

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 will be dope sick 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 dope!

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)