

OVERDOSE PREVENTION



An opioid is any agent that binds to the opioid receptors in the body and creates a response. All opioids are the same in that they cause overdose in the same way: If too much is used, it suppresses a person's ability to breathe. Depending on the type and amount of opioid consumed, an overdose can happen suddenly or evolve over several hours.

FENTANYL IS A SYNTHETIC OPIOID THAT IS 25 TO 50 TIMES MORE POWERFUL THAN HEROIN.



How can someone reduce risk of overdose?

- 1) Don't use alone.
- 2) Try a tiny tester amount.
- 3) Go slow.
- 4) Wait to use until you feel in control.
- 5) Avoid mixing drugs/polysubstance use
- 6) Limit use while sick.
- 7) Drink plenty of water.
- 8) Change the way you use (ie. injection, sniffing, smoking)
- 9) Test your drugs for presence of fentanyl using a FTS (especially drugs you don't expect to have fentanyl present (ie. Stimulants: methamphetamine, cocaine, etc.)
- 10) Know the signs of overdose.

WHAT DO I DO IF I COME INTO CONTACT WITH FENTANYL?

Incidental skin exposure to fentanyl is extremely unlikely to harm you. And you will not experience overdose. Transferring fentanyl from skin to mucous membranes (eyes, nose or mouth) is the most common type of incidental exposure.

DO: wash the affected area with soap and water as soon as possible to easily remove fentanyl residue.

DON'T: use alcohol-based hand sanitizers, wipes or products. They may increase absorption of fentanyl.



WHAT ARE THE COMMON RISK FACTORS FOR OVERDOSE?

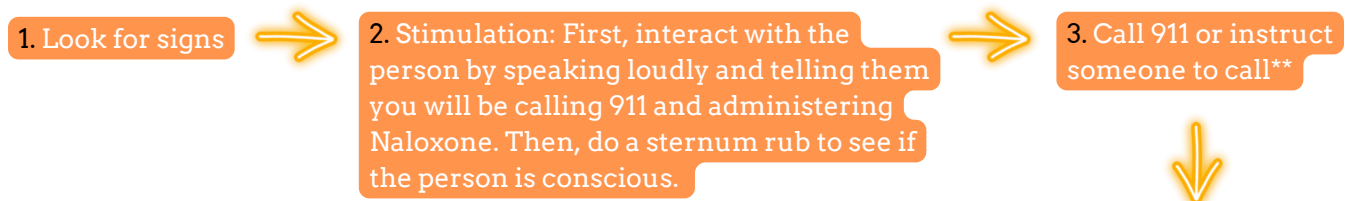
- Loss of tolerance puts you at highest risk, situations such as recent release from incarceration or inpatient detox/treatment.
- Polysubstance use and mixing drugs, which today can be unintentional because the drug supply is cut with other drugs like fentanyl and xylazine
- Illness
- Legality of the drug. Example: Adderall in its purest form from a doctor is safer than Adderall purchased off the street because you know exactly what is in it!

WHAT ARE THE SIGNS AND SYMPTOMS OF AN OVERDOSE?

- Loss of Consciousness
- Unresponsive to Outside Stimuli
- Awake but Unable to Talk
- Breathing is shallow, sounds like gurgling/snoring
- Bluish or Ashen Complexion
- Vomiting
- Body is Excessively limp or Rigid
- Pulse is slow, erratic or not present
- Pinned Pupils (lift eyelids)

HOW DO I REVERSE AN OVERDOSE?

Naloxone is an opioid receptor blocker that lasts for 30 to 90 minutes. It is used to reverse the effects of an opioid overdose. It is legal to carry in NH and can be attained through NHHRC, the Doorway, treatment providers, or your pharmacy (free with Medicaid coverage).



4. Administer Naloxone: peel open the package, place in nostril, press the trigger fully.

