

Opioid Overdose Emergency Safety Packet

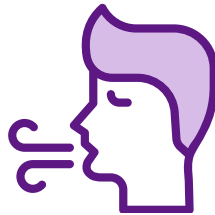
Signs of an opioid overdose:



Loss of
consciousness



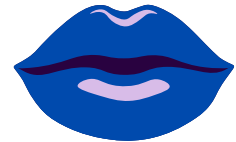
Slow heart
rate



Slowed breathing
or gargling



Pinpoint
pupils



Pale, blue
lips and skin

What to do in an overdose emergency:

Assess the situation

1. Make sure it's safe to help before getting close to the person
2. Check for responsiveness
3. If the person is unresponsive or you're unsure, call 911 right away. Provide care while you wait for EMS.
4. Check for breathing, Then...

If the person is breathing, give them Narcan and monitor their breathing

1. Remove one nasal spray from the container
2. Insert the nozzle into one nostril
3. Push down the plunger, giving the whole dose at once
4. Place the person on their side in the recovery position, monitor their breathing

If the person is not breathing, start CPR right away

1. Lay the person on their back on a flat, hard surface
2. Kneel to the side of their chest
3. Put the palm of your hand in the center of their chest on the sternum and interlace your fingers
4. Bend over the person's side so your arms are straight
5. Begin compressions by shifting all your weight down with your arms straight
6. Allow the chest to fully come back up between compressions
7. Pump at a steady speed of 100 beats per minute
8. Do not stop CPR until EMS personnel take over

How to use fentanyl test strips:



Step 1: Take a small amount of your substance and put it in a clean container with enough water to dissolve the substance. *You only need about 10mg which is the size of the tip of the spoon in the picture.*

Step 4: Read the results, dispose of test strip and other contaminated equipment



Step 2: Place the strip into the dissolved mixture wavy side down up to the first blue line. Hold the strip in the water for fifteen seconds.



Step 3: Place the strip on a flat, hard surface for two minutes.



Positive test



One line means fentanyl detected.



Negative test



Two lines means no fentanyl detected.



Inconclusive / Invalid test



The top red line (closest to the solid blue) should always show up on the strip. If it doesn't, the test is invalid. Stirring or wetting above the solid line may result in an invalid test.

Never use alone and have Narcan available in case of emergency.

For more information, visit www.stopoverdosedeadths.org