

HARM REDUCING OPIOID OVERDOSES



BY



RESOURCES



Our Site:
harmreductionreach.org

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(National)



North American
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Harm Reduction
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Content Library



Free Course with
endoverdose.net

WHAT IS ...

Harm Reduction?

It's what it says! It's all about reducing harm, particularly the social stigma and physical harms associated with drug use.

Naloxone (Narcan)?

A non-addictive medication that can reverse an opioid (prescribed, heroin, fentanyl, etc.) overdose; either as a nasal spray or an injectable.

Rescue breaths?

A first-aid method to help someone who has stopped breathing, but their heart is still beating:

1. Place them on their back & tilt their head back to open airway
2. Pinch their nose
3. Place your mouth over theirs
4. Breathe into their mouth for a sec, repeat every 5-6 sec



Safer Use

Recommendations

If you use opioids some ways to prevent overdoses is to:

- Use fentanyl test strips
- Carry naloxone
- Use with others around
- Take smaller amounts (especially if using after stopping for a while)
- Create a safety plan



Ex. 1. Start low go slow
2. Make a list of people to call in case of emergency etc.



Identification

How to tell if someone is going through an overdose:

- Breathing: Look for slow, shallow, or absent breathing, often accompanied by gasping or snoring noises



- Responsiveness: The person may not wake up to verbal cues or physical stimulation, such as a sternal rub



- Skin: Check for pale, clammy skin and blue/whitish discoloration around the lips or nails



- Eyes: Pinpoint pupils are a common indicator of opioid overdose



- Pulse: A slow or weak pulse is concerning; if there is no pulse, immediately start CPR



Intervention

What to do if you recognize an overdose:



1. Check responsiveness —> name, shake, sternal rub
2. Call 911 (“Unresponsive, not breathing normally”)
3. Give Naloxone (Narcan) 4 mg: insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person’s nose. Press the plunger firmly.
4. 1 spray —> repeat in 2-3 min if no change
5. Support breathing
6. Rescue breaths: 1 every 5-6 sec
7. CPR if no pulse
8. Monitor until EMS arrives
9. Narcan wears off in 30-90 min

