**OVERDOSE PREVENTION & NALOXONE TRAINING PROGRAM**

* What does an overdose look like?
  + Uppers (stimulants) like crack, speed, cocaine, methamphetamines – speed up the body

Symptoms of OD: heart attack, stroke, seizures

* Downers (depressants) benzodiazepines, and opioids like heroin, fentanyl, oxycontin, oxycodone, methadone – slow down the body
* Symptoms of OD: turning blue or grey, gurgling/snoring noises, limp body, **slow or no breathing**
* **Naloxone only works to reverse overdose on downers called opioid drugs, such as heroin, oxycodone, etc.**
* Identify risk factors – things that make overdose more likely
  + Prior overdose
  + Loss of tolerance, due to recent detox or going to jail
  + Mixing drugs
  + Variation of drug (strength/quality)
  + Using alone
  + Letting someone else prepare your shot
* Common myths- these things do not stop an overdose
  + Salt or milk shots
  + Cocaine shots
  + Ice bath, cold shower, ice in the rectum
* Steps for responding
  + Rub your knuckles hard across their chest bone, shaking, calling name loudly
  + Call 911 – say that somebody has stopped breathing
  + Give rescue breathing- Tilt head back, lift chin, pinch nose, give 1 slow breath every 5 seconds
  + Give naloxone-
  + Continue rescue breathing for 2-3 minutes, 1 breath every 5 seconds.
  + If not responding give 2nd dose of naloxone, continue with rescue breathing until help arrives
  + Place person in the recovery position if you must leave them
* Do not use more drugs! Naloxone will cause withdrawal symptoms. You can overdose again when the naloxone wears off. Naloxone lasts 30-90 minutes. Then drugs may take over again and make person overdose.
* Good Samaritan 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.
  + It is legal to carry and administer naloxone
  + Good Samaritan Law CANNOT protect you against:
    - Outstanding warrants
    - Probation or parole violations
    - Drug dealing (if scales, baggies, cash, etc. are around at the scene)
    - Crimes other than drug possession (weapon possession, driving drunk or high)