

LET'S TALK!

TEXT/CALL/DM US ANYTIME



**HARM REDUCTION HOTLINE
(337)930-2286**



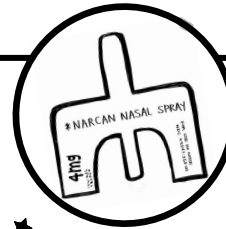
**SOUTHWEST
LOUISIANA
AHEC**
Area Health Education Center



@SWLA.DO.NO.HARM



SWLA DO NO HARM



RESPONDING TO AN OVERDOSE

BE PREPARED TO IDENTIFY
AN OPIOID OVERDOSE
& SAVE A LIFE

BY @SWLA.DO.NO.HARM



THE FACTS

THE OPIOID OVERDOSE CRISIS CLAIMED OVER
100,000 LIVES ACROSS THE US IN 2021.

IT IS TIME FOR US TO ACT.
ENOUGH IS ENOUGH.

CARRYING NARCAN/NALOXONE,
KNOWING HOW TO IDENTIFY AN OVERDOSE
& HOW TO RESPOND
IS HOW WE COMBAT THE OVERDOSE CRISIS ON A COMMUNITY LEVEL.
IT IS UP TO US.

IDENTIFYING AN OVERDOSE

PASSED OUT / UNCONSCIOUS / LIMP

SLOW SHALLOW BREATHS / NOT BREATHING

SLOW / ERRATIC PULSE

PINPOINT PUPILS

UNRESPONSIVE TO NAME YELLED / LOUD SOUNDS

UNRESPONSIVE TO KNUCKLES RUBBED ON STERNUM

BLUISH-TONED LIPS & FINGERTIPS IN LIGHTER SKIN TONES

GRAYISH-TONED IN DEEPER SKIN TONES

GURGLING OR CHOKING SOUND

IF YOU SUSPECT OVERDOSE, IT'S TIME FOR NARCAN/NALOXONE,
WHICH BINDS TO OPIOID RECEPTORS IN THE BRAIN AND CAN
RESTORE BREATHING AND CONSCIOUSNESS. IT CAN SAVE A LIFE.

RESPONDING TO AN OVERDOSE

1. CALL 911- TELL EMERGENCY SERVICES SOMEONE IS UNCONSCIOUS & NOT BREATHING TO ENSURE A TIMELY RESPONSE. THE GOOD SAMARITAN LAW WILL PROTECT YOU FROM CHARGES.
2. ADMINISTER NARCAN/NALOXONE- NO NEED TO PREP/PRIME. TILT THE HEAD BACK, PROVIDE SUPPORT UNDER NECK, INSERT THE NOZZLE INTO ONE NOSTRIL & PRESS THE PLUNGER FIRMLY.
3. CHECK BREATHING- PROVIDE CPR OR RESCUE BREATHS UNTIL HELP ARRIVES (1 BREATH EVERY 5 SECONDS). BE PREPARED TO GIVE ADDITIONAL DOSES, ALTERNATING NOSTRILS, IF BREATHING & CONSCIOUSNESS HAVE NOT RETURNED WITHIN 2-3 MIN.
4. RESCUE POSITION- LAID ON SIDE WITH ONE HAND SUPPORTING HEAD AND ONE KNEE BENT TO PREVENT ROLLING ONTO STOMACH.
5. WATCH CLOSELY- OVERDOSE CAN OCCUR AGAIN IF NARCAN/ NALOXONE WEARS OFF (IT LASTS 30-90 MIN). BE GENTLE & COMPASSIONATE WHEN EXPLAINING WHAT HAPPENED.
6. LET US KNOW- WE WILL REPLACE YOUR NARCAN/NALOXONE ASAP.
7. COMMUNITY CARE- WITNESSING & RESPONDING TO AN OVERDOSE CAN BE SCARY, SO TAKE CARE OF YOURSELF & CHECK ON YOUR FRIENDS. TAKE TIME TO HEAL & RELAX. SPREAD THE WORD ABOUT THE IMPORTANCE OF BEING PREPARED.