

OVERDOSE PREVENTION SAFETY TIPS

Start with a lower dose and go slowly.
Your tolerance changes in 3-5 days.
Always do a tester shot when you can.
Use with someone when you can.
Take turns to take care of one another.
No locked doors, check on people alone,
and get a verbal response.

UNIVERSAL PRECAUTIONS

If you are using cocaine, crack, speed/
methamphetamine, pills, MDMA, etc assume it
is or has fentanyl in it and test before using it.
Tell your friends and loved ones to do so.

MIX A LOT?

If you are mixing your drugs, always use the
stronger ones first. You can always do more
but not less once you have ingested it. If you
have time and it's safe, check your dose. Does it
look different, smell different, or have
abnormal color?

Remember: benzodiazepines (pills could be
pressed with fentanyl) and alcohol are both
respiratory depressants, they slow down
breathing. If you are on buprenorphine,
suboxone or methadone, watch the mix.

EMERGENCY PLANNING

Have a plan with the people you use with
before something happens. Does everyone
know where the Narcan is? Have it always
nearby, reach out to us if you need more.

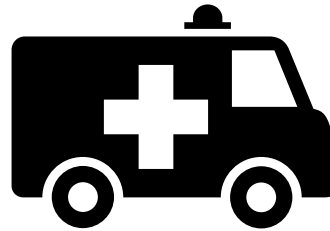
Check out the site neverusealone.com

GENERAL HEALTH

Staying hydrated, eating and sleeping
regularly, taking medication, helps to improve
the immune system and lessens the risk for
overdose.



GIVE NALOXONE



CALL 911



**ADMINISTER RESCUE
BREATHING**

**CALL, TEXT, SIGNAL MAP IF YOU NEED A
REFILL. LET US KNOW WHEN YOU USE
YOUR NALOXONE IN AN OVERDOSE.**

**WE ARE HERE FOR AFTERCARE AND
SUPPORT!**

MAINE ACCESS POINTS OVERDOSE PREVENTION & RESPONSE

NASAL NALOXONE

**What you need to know about
administering single spray nasal
naloxone**

**Contact Maine Access Points to get
naloxone or for more information:
207-370-9445 (call or text)
info@maineaccesspoints.org
www.maineaccesspoints.org**

STEPS IN OVERDOSE RESPONSE

STEP 1: Check responsiveness

Check to see if the person is responsive. If no response, give them a sternum rub (rub your knuckles on their chest bone) or rub above their upper lip.

STEP 2: Give Narcan/naloxone

Give one dose of 4mg nasal spray up the nostril.

You don't have to test or prime the Narcan. The whole dose is dispensed when the button is pressed. The person does not need to inhale the medication for it to work. Narcan moves through the mucus membranes to the brain receptors blocking the effects of opioids. If you are by yourself, administer naloxone first and then call 911. If you are not alone, shout to someone else to call 911 while you administer naloxone.

STEP 3: Call 911

Call 911 and say the person is unresponsive or not breathing. Give emergency services a clear address or location. Say what you see.

STEP 4: Administer rescue breathing

Make sure nothing is in their mouth, tilt head back, lift chin, pinch nose.

Wait for the naloxone to work, keep rescue breathing until the person begins to breathe on their own

STEP 5: Administer more naloxone

Wait 2-3 minutes between doses.

If the person is not responsive after 2-3 minutes administer the second dose on the opposite nostril and keep rescue breathing until help arrives.

If you have not called after the second dose is administered you have to figure out a way to call 911.

You can give as much naloxone as needed, waiting 2-3minutes between doses.

STEP 6: Aftercare

Once the person is rescued, be gentle with them and take care of yourself.

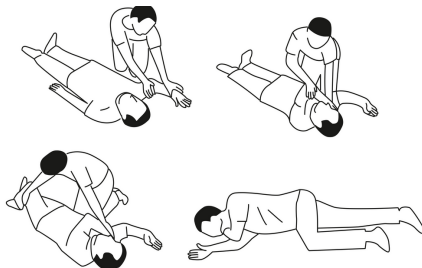
Remind the person that naloxone will wear off in about 20-40 minutes and they will feel better.

Stay with them until they go to the hospital or until the naloxone wears off to prevent the risk of multiple overdoses.

Remind them that using any opioids will not make them feel better until the naloxone wears off.

THE RECOVERY POSITION

If you ever have to leave the person (to get Narcan, a phone, get a friend), put the person in the recovery position so they will not choke if they vomit/block their airway.



ABOUT FENTANYL

MOST OVERDOSES INVOLVE FENTANYL.

Fentanyl is a synthetic opioid and is 80 to 100 times stronger than morphine and 50 times stronger than heroin.

Both fentanyl and fentanyl analogues exist in the drug supply and that can make it really unpredictable. Some types are stronger, others weaker.

Fentanyl is a powder and can be smoked, sniffed, injected, and **boofed**.

You cannot overdose by simply touching fentanyl. It has to be introduced into the bloodstream or mucus membrane to have any effect.

NARCAN WORKS ON FENTANYL: ALWAYS ADMINISTER IT EVEN IF UNSURE OF THE MIX

OVERDOSE SIGNS AND SYMPTOMS

Fentanyl overdoses happen quickly. Signs and symptoms can be:

- Rigid posture and wooden chest syndrome (thoracic and abdominal muscle rigidity).
- Lockjaw (in this case you should breath through their nose).
- Person is unresponsive.
- Blue or grayish lips and fingernails.
- Wet, sweaty skin.
- Shallow or raspy breathing, snoring or gurgling sounds.
- No breathing.

If your friend is just in a heavy nod, but is still conscious and breathing, make sure to stay with them, walk them around, keep them talking and moving.

Watch their breathing. Someone can slip into an overdose hours after they used drugs.