

# OD PREVENTION SAFETY TIPS

Start low & go slow

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 and check on people alone  
and get a verbal response.

## UNIVERSAL PRECAUTIONS :

If you are using coke, crack, speed/meth, pills, mdma, etc assume it is or has fentanyl in the supply and test all of the supply before using it. Tell your friends & loved ones.

## MIX A LOT?

If you are mixing your supply, always use the stronger stuff first. You can always do more but not less once you have ingested it.

If you have time & its safe, check your dose, does it look different, smell different, abnormal color?

Remember: Benzos (Xanax, Pins could be pressed with Fentanyl) & Alcohol are both respiratory depressants too, slow down breathing. If you are on BUP/Subs or Methadone, watch the mix.

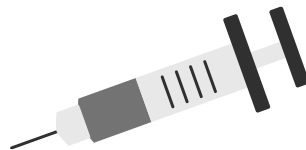
## EMERGENCY PLANNING:

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

CHECK OUT  NeverUseAlone.com

## GENERAL HEALTH:

Staying hydrated, eating & sleeping regularly, taking meds, help us all improve our immune system and can lessens our risk for overdose!



**1. GIVE Intra-Muscular  
NALOXONE**  
Administra naloxone  
Administrer de la  
naloxone



**2. CALL 911**  
Llame al 911  
Appeler le 911



**3. RESCUE BREATHING**  
Respiración  
de Boca a Boca  
Respiration bouche à  
bouche

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CALL , TEXT,SIGNAL IF YOU USE YOUR KIT  
FOR A RESCUE & REPORT BACK  
GET A REFILL KIT

**MAINE  
ACCESS  
POINTS**

**OVERDOSE  
PREVENTION  
& RESPONSE**

**INTRAMUSCULAR  
NALOXONE**

What you need to know about  
administering IM naloxone

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

## STEPS IN OD RESPONSE

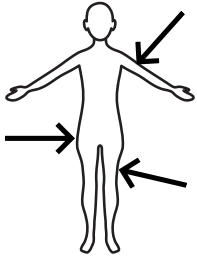
### STEP 1: Check responsiveness

Check to see if the person is responsive:

If No response= Give them a sternum rub (rub your knuckles on their chest bone or above their upper lip)

### STEP 2: Give Narcan/naloxone

Give one dose (1 vile) of naloxone into the upper arm, thigh or butt



If you are by yourself, administer Narcan first and then call 911. If you are not alone, shout to someone else to call and you administer the single step @ the same time.

### STEP 3: Call 911

Call 911 & say the person is unresponsive or not breathing

If you have not called after the 2nd dose of Narcan is administered you have to figure out a way to call....

### STEP 4: Rescue breaths

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

While you're waiting for the naloxone to work, keep rescue breathing until the person begins to breathe on their own

Give one breath every five seconds

## 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 (opposite nostril) and keep rescue breathing until help arrives or call!

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

## STEP 6: AFTERCARE

When the person is rescued, be gentle with them & yourself

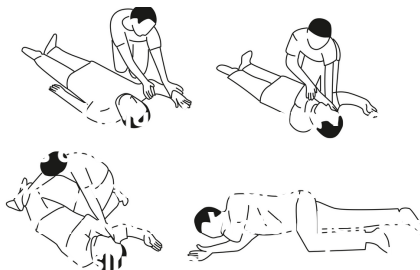
Remind the person that naloxone will wear off in about 20-40 minutes & they will feel better

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

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

## THE RECOVERY POSITION:

If you ever have to leave the person (get your Narcan or phone, get a friend, leave the scene), put the person in the Recovery Position so they will not choke if they vomit/blocked the airway.



## ABOUT FENTANYL

**MOST OVERDOSES INVOLVE FENTANYL:**  
Fentanyl is a synthetic opioid and is 80-100x stronger than Morphine/ 50 x stronger than heroin

We see both fentanyl and fentanyl analogues in our drug supply and that can make it really unpredictable (some are stronger, others weaker)

Fentanyl is a power 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 for any effect

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

## OD SIGNS & SYMPTOMS

- Fentanyl overdoses come on quick
- Rigid posture and Wooden Chest Syndrome
- Lockjaw (breath through their nose)
- Unresponsive
- Blue or grayish lips and fingernails
- Clammy, sweaty skin
- Shallow or raspy breathing, snoring or gurgling sounds, no breathing at all

**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 got high!**