

# Drug Overdose Safety & Prevention

## What Is An Overdose?

- ❖ When you take more than the recommended amount of something resulting in injury or death

## What Can Cause It?

- ❖ **Alcohol**
- ❖ **Opioids:** heroin, Oxycontin, Vicodin, Fentanyl
- ❖ **Stimulants:** cocaine, amphetamines, meth, crack
- ❖ **Inhalants:** paint, glue, hairspray, aerosol cans
- ❖ **Benzodiazepines:** Xanax, Ativan, Valium

## What Does an Overdose Look Like?

### REACTED

- Recognize a change in the person*
- Extreme Tiredness:* hard to wake up or stay awake
- Abdominal Changes:* vomiting, diarrhea, nausea
- Confusion:* can't remember things, slurred speech
- Temp Changes:* body becomes cold or hot
- Eyes:* small pupils (pinpoint), slow eye movement
- Difficulty Breathing:* slow or stop breathing

## Preventing Overdose

- ❖ **Never Use Alone:** You want to make sure someone is there to help if something goes wrong
- ❖ **Don't Mix Drugs:** This can lead to uncertain effects and reactions
- ❖ **Start with Small Amounts:** Until you know the effect the drug has on you, start with small amounts
- ❖ **Have Access to Narcan:** Narcan is an opioid reversal agent, and can be found at various distribution sites
- ❖ **If it looks different, DON'T TAKE IT:** Fentanyl is very potent and being mixed with pills or powders, you may unknowingly ingest high amounts

## WA 911 Good Samaritan Drug Overdose Law

"Provides immunity from prosecution for drug possession charges to overdose victims AND bystanders who seek aid in an overdose event"

What Does This Mean?

- You will not get in trouble for having drugs on you, if you seek help for an overdose for you or your friend. ALWAYS seek help!

## Narcan Education & Distribution

### 4 P's of Narcan Nasal Administration

- **PEEL** open the package
- **PLACE** the nozzle tip in nostril until your fingers are resting on their nose
- **PRESS** the red plunger firmly to spray and remove nozzle from nose
- **PLACE** person on their side and get emergency help



### Seattle Distribution Centers

- Project NEON  
(1216 Pine St #300 Seattle, WA 98101)
- YouthCare Orion Center  
(1828 Yale Ave Seattle, WA 98101)
- Harborview Madison Clinic  
(325 9th St Seattle, WA 98104)
- Downtown Emergency Service Center  
(515 3rd Ave Seattle, WA 98104)

# Drug Overdose

I	T	O	A	E	N	O	V	O	L	R	H	S	P
O	N	R	L	E	U	O	N	N	O	O	I	N	E
E	N	D	D	M	L	P	N	O	H	M	E	P	C
E	P	I	E	E	O	O	P	I	O	I	D	S	N
O	L	N	S	R	M	H	N	M	C	P	I	N	Y
N	A	H	T	G	C	S	I	F	L	T	N	S	A
R	N	A	N	E	A	N	T	E	A	N	O	L	A
E	A	L	A	N	P	T	N	N	S	G	V	O	T
A	R	A	L	C	G	E	I	T	N	A	E	N	R
C	C	N	U	Y	M	E	O	A	T	A	R	D	R
T	A	T	M	S	S	A	P	N	O	D	D	A	L
E	N	S	I	N	E	H	N	Y	I	I	O	T	D
D	T	D	T	N	N	A	I	L	N	N	S	C	C
I	V	S	S	P	L	D	P	A	I	S	E	O	I

ALCOHOL  
 FENTANYL  
 OVERDOSE  
 REACTED  
 PINPOINT  
 EMERGENCY  
 OPIOIDS  
 STIMULANTS  
 INHALANTS  
 NARCAN

**Narcan:** also called Naloxone, opioid reversal agent

**Fentanyl:** very potent drug; it is often mixed with other drugs with or without user knowing

**Overdose:** consuming more than the recommended amount of drugs or alcohol

**REACTED:** quick way to remember the common signs of overdose

Recognize, Extreme Tiredness, Abdominal Changes, Confusion, Temp Change, Eyes, Difficulty Breathing

**Pinpoint:** black part of the eye is about the size of the tip of a pen

**Opioids:** used to reduce pain BUT also reduce ability to breathe

**Stimulants:** “uppers” often used for euphoric effects (heightened energy and focus)

**Inhalants:** produce light-headedness, hallucinations or delusions

**Alcohol:** when consumed in excess, can lead to poisoning

**Emergency:** seek immediate medical treatment if you suspect an overdose

