

What is an opioid overdose?

Opioids can cause bad reactions that make your breathing slow or even stop. Overdose can lead to death.



To avoid an accidental opioid overdose:



Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.



Double check if you miss or change doses, feel ill, or start new medications.

Now that you have Naloxone...

TELL SOMEONE WHERE IT IS AND HOW TO USE IT.

COMMON OPIOIDS INCLUDE:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic, Actiq
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

*Heroin is also an opioid.

GETTING RID OF UNUSED OPIOIDS:

If you have any opioids in your home, be sure they are kept in a safe place, out of reach of children and in a locked cabinet if possible.

If you have unused opioid pain medication that you no longer need, you can safely dispose of them at the locations listed at www.overcomeopioids.org. You are able to anonymously dispose of unused medication at these locations.

FOR MORE INFORMATION
& ADDITIONAL RESOURCES, VISIT
OVERCOMEOPPIOIDS.ORG



HOW TO USE NALOXONE & OPIOID SAFETY



A GUIDE FOR PATIENTS & CAREGIVERS

In Case of Overdose:

1 CHECK RESPONSIVENESS

LOOK FOR ANY OF THE FOLLOWING:



No response even if you shake them or say their name



Breathing slows or stops



Lips and fingernails turn blue or gray



Skin gets pale or clammy

2 CALL 911 & GIVE NALOXONE

IF NO REACTION IN 3 MINUTES,
GIVE SECOND NALOXONE DOSE

3 DO RESCUE BREATHING AND/OR CHEST COMPRESSIONS

FOLLOW 911 DISPATCHER INSTRUCTIONS

**STAY WITH PERSON
UNTIL HELP ARRIVES.**

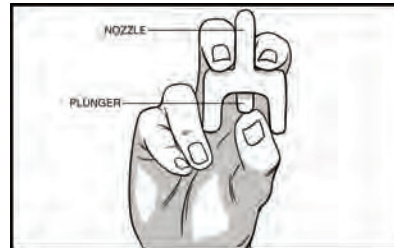


How To Give Naloxone:

There are 3 common naloxone products.
Follow the instructions for the type you have.

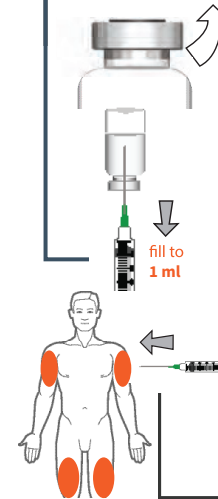
Nasal Spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



Injectable Naloxone

This requires assembly.
Follow the instructions below.



- 1 Remove cap from naloxone vial and uncover the needle.
- 2 Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.
- 3 Inject 1 ml of naloxone into an upper arm or thigh muscle.
- 4 If no reaction in 3 minutes, give second dose.

How To Get Naloxone:

Ask your healthcare provider for a prescription for naloxone.

Ask your local pharmacist for naloxone without a prescription (pharmacists who have completed training can dispense naloxone without a prescription). The pharmacist can run the medication through your insurance carrier and let you know if there is a cost.

Find a nearby Chicago Recovery Alliance (CRA) location where you can be trained and receive an injectable naloxone kit for free! For a list of locations and times visit www.anypositivechange.org

Auto-Injector

The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.

