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.

Common Opioids Include:

<table>
<thead>
<tr>
<th>Generic</th>
<th>Brand Name</th>
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<tbody>
<tr>
<td>Hydrocodone</td>
<td>Vicodin, Lorcet, Lortab, Norco, Zohydro</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>Percocet, OxyContin, Roxicodone, Percodan</td>
</tr>
<tr>
<td>Morphine</td>
<td>MSContin, Kadian, Embeda, Avinza</td>
</tr>
<tr>
<td>Codeine</td>
<td>Tylenol with Codeine, TyCo, Tylenol #3</td>
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<tr>
<td>Fentanyl</td>
<td>Duragesic, Actiq</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opano</td>
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<tr>
<td>Meperidine</td>
<td>Demerol</td>
</tr>
<tr>
<td>Methadone</td>
<td>Dolophine, Methadose</td>
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<tr>
<td>Buprenorphine</td>
<td>Suboxone, Subutex, Zubsolv, Bunavail, Butrans</td>
</tr>
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</table>

*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.

Now that you have Naloxone...

Tell someone where it is and how to use it.

For more information & additional resources, visit www.overcomeopioids.org
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.

**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.

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