

Know before you go

Bring the basics:

Fentanyl test strips

- Small strips that can tell if your dose contains fentanyl. If fentanyl is detected, think twice about using your drug. Any amount of fentanyl could be lethal.



Narcan[®]/naloxone

- A medication that can temporarily reverse an opioid overdose, giving just enough time for medical personnel to respond.



Another person

- Someone who can stick with you and be on the lookout for signs of an overdose. Someone you can count on to administer Narcan[®]/naloxone if needed and call 911 for help.



Naloxone resources

Utah naloxone laws:

Individuals can report an overdose without fear of criminal prosecution for illegal possession of a controlled substance or illicit drug. (Good Samaritan Law 2014 House bill 11)

Pharmacies can dispense naloxone through the use of a standing order issued by a physician. (Naloxone Standing Order 2016 House bill 240)

Websites:

opidemic.utah.gov
knowyourscript.org



Phone:

Call 211 for local services and treatment centers.

**STOP THE
OPIDEMIC**

Overdose signs and symptoms



Small, pinpoint pupils



Blue/purple fingernails and lips



Won't wake up, limp body



Shallow or stopped breathing



Faint heartbeat



Gurgling, choking noise

Overdose response

5 steps to save

1. **Wake** the person. **Shake** shoulder. **Shout** their name.
2. **Administer** naloxone.
3. **Call** 911.
4. **Rescue breathing** clear airway, tilt chin up, pinch nose, one breath every 5 seconds for 2 minutes.
5. **Repeat** and **recover**. If not waking up after 2 minutes, repeat steps 3 and 4. Place person in **recovery position** (move person onto their side, with their knees bent, and make sure they can breathe) if you have to leave.

* Avoid using alone, call the Never Use Alone Hotline at [877-696-1996](tel:877-696-1996) or use the Brave App.



Naloxone basics

Naloxone

Naloxone (Narcan[®]) is a medicine that can temporarily reverse overdoses from heroin or prescription opioids such as oxycodone, hydrocodone, methadone, morphine, and fentanyl.

There is no risk of abuse, and side effects are rare; however, a person may experience abrupt withdrawal symptoms.

How long does it take to work?

Naloxone may work immediately or may take up to 5 minutes. More than 1 dose may be needed. Wait at least 2 to 5 minutes before giving another dose. The effects of naloxone can last 30–90 minutes.

Naloxone only works for opioids!

Talk to your doctor or pharmacist about getting naloxone. For more information, visit us at opidemic.utah.gov.

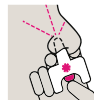
How to administer naloxone

Remember these important actions. **LAY, SPRAY, STAY™**, in case of a suspected opioid emergency.



Lay

- Check for slowed breathing or unresponsiveness. Lay the person on their back and tilt the head up.



Spray

- Insert the device into either nostril and press plunger firmly.



Stay

- Call 911 immediately after giving the first dose. Continue to administer doses as needed and wait with the person until help arrives.

<https://narcan.com/>