



Tribal communities in Washington state are disproportionately affected by the opioid epidemic. You can help prevent an opioid overdose.

Causes Of An Overdose

A person is more likely to overdose if they:

- Take opioids with other drugs or alcohol
- Take opioids that are not prescribed to them, or they take more than prescribed
- Stop taking opioids for a while, then start taking them again
- Have heart or lung disease

When someone overdoses, their breathing will get very slow and may stop. They may look like they are sleeping and their lips and fingernails may appear pale, blue, or gray. An overdose can happen suddenly or come on slowly over the course of a few hours. Without oxygen, the result can be fatal.”

Signs Of An Overdose

- Slow or no breathing
- Won't wake up
- Pale, ashy, cool skin
- Blue lips or fingernails

Where can I get naloxone (or Narcan) to save a life?

Anyone who is prescribed opioids or has a loved one struggling with opioid use should have naloxone (or Narcan) in their home. It is available at pharmacies and many Tribes and tribal organizations have free naloxone available for members of the community. They can also show you how to administer it.

Contact your tribal health provider or prevention program for more information.

LEARN MORE AT
WATribalOpioidSolutions.com

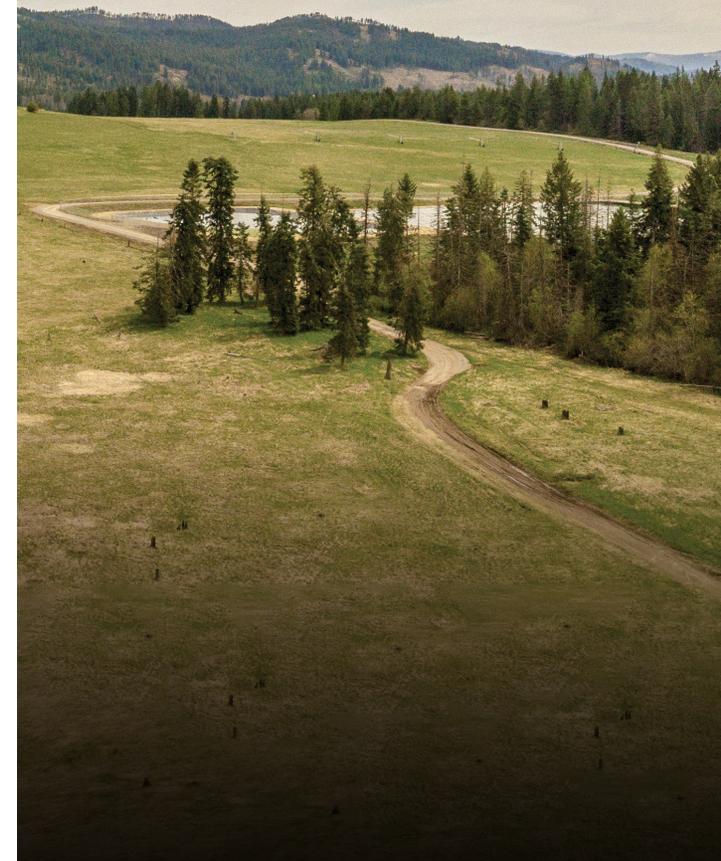
Washington State
Health Care Authority

Sources: Substance Abuse and Mental Health Services Administration

one

act of
courage

a guide to
preventing
opioid overdose



WHAT TO DO

Every minute counts. If you think someone has overdosed, do the following:



Check for signs of opioid overdose



Call 911



Administer naloxone (or Narcan)



Perform rescue breaths



Stay with the person until help arrives (and about two hours after the overdose)

What are opioids?

Opioids are a class of drugs commonly used to reduce pain. The illegal drug heroin is an opioid, as are many of the prescription pain relievers prescribed by doctors, including oxycodone, hydrocodone, codeine, morphine, and many others.

Why are they addictive?

Opioids can negatively affect the reward center in the brain, leading people to need more and more over time. As a result, these drugs can be highly addictive!

What is fentanyl?

Fentanyl is a synthetic opioid drug. It is 50 to 100 times stronger than typical opioid drugs like morphine and is also very fast acting. Fentanyl is a prescription drug used during surgeries and prescribed for very severe pain, often in late-stage cancers.

It is also manufactured illegally and may be sold as powder, fake pills or mixed in with other illicit drugs, like heroin. This combination is especially deadly. Synthetic opioids, including Fentanyl, are now the most common drugs involved in drug overdose deaths.

What is naloxone?

Naloxone (or Narcan) is a prescription medicine that reverses an opioid overdose by blocking the opioid receptors in the brain. It helps a person begin breathing again and wake up from an overdose. Naloxone (Narcan) cannot be used to get high and it is not addictive.

How do I administer naloxone?

Naloxone can be administered via injection or nasal spray (also known as Narcan). If you suspect someone has overdosed, call 911, administer one dose and do rescue breathing for 2-3 minutes. After giving someone naloxone, it may take a few minutes to work. If a first dose of naloxone does not work after about 3 minutes, administer a second dose and continue rescue breathing until medical help arrives.

Good Samaritan Laws

A Good Samaritan Law protects both the person helping and the person experiencing an overdose from liability or drug possession charges. Ask your tribal behavioral health provider about the Good Samaritan Law in your community.

