



If someone has overdosed before, they are more likely to overdose again.

### General Overview

Opioids include heroin and prescription pain medications:

- Vicodin (hydrocodone)
- Fentanyl
- OxyContin (oxycodone)
- Percocet
- Dilaudid (hydromorphone)
- Methadone
- MS Contin (morphine)
- ...and Others

If someone takes more opioids than their body can handle, they can pass out, stop breathing and could die.

Overdose can take minutes or even hours to occur.

Anyone who uses opioids can overdose.

### Increased Overdose Risks:

- Restarting opioids after a break. Tolerance drops within a few days.
- Using opioids at the same time with alcohol or sedating drugs like sleep aids and benzodiazepines ("benzos" like Valium and Xanax). Mixed together, they can slow breathing even more.
- Taking prescription pain medicine more often or in higher doses than prescribed.
- Any heroin use due to its wide range of purity.
- Taking someone else's pain medication.
- Using long-acting opioids (like methadone) or powerful opioids (like fentanyl).
- Heart or lung disease.

For more information on overdose prevention and pharmacy provider updates in Snohomish County: [www.snohd.org/Diseases-Risks/Injection-Drug-Use](http://www.snohd.org/Diseases-Risks/Injection-Drug-Use)  
Washington State information: [www.stopoverdose.org](http://www.stopoverdose.org)

This brochure is not a substitute for more complete overdose response training from a medical provider or health educator.

### How Can I Get Naloxone?

Naloxone (Narcan®) is a prescription medicine that can temporarily stop the effect of opioids and help a person start breathing again. It can be given as an intranasal spray or as an injection into a muscle. It is easy and very safe to use.

You can get naloxone without a prescription if you think you could overdose on opioids, or help someone else who has overdosed.

Naloxone overdose rescue kits are available in these Snohomish County pharmacies:

**EDMONDS - Pavilion Pharmacy at Swedish Edmonds Hosp.**  
7320 216th ST SW, Suite 100 .....425.673.3700

**EVERETT - Walgreens**  
6807 Evergreen Way .....425.438.9380  
2205 Broadway .....425.252.5213

**LYNNWOOD - Walgreens**  
20725 Highway 99 .....425.712.0512

**MARYSVILLE / TULALIP**  
**COSTCO Pharmacy**  
16616 Twin Lakes AVE.....360.652.4539  
**Tulalip Clinical Pharmacy**  
8825 34th Ave NE, Ste A .....360.716.2660  
**Walgreens**  
8825 34th Ave NE, Ste A .....360.716.2660

**MONROE**  
**Pharm A Save**  
17788 147th ST SE .....360.794.7351  
**Providence Pharmacy**  
19200 N Kelsey ST .....360.794.5555

**STANWOOD - QFC Pharmacy**  
27008 92nd Ave NW .....360.629.0662

**Snohomish Health District**  
Preventive Services Division  
3020 Rucker Avenue, Ste 202  
Everett, WA 98201-3900

Original materials for this brochure provided by:



**ALL SAFEWAY PHARMACIES**  
<http://www.safeway.com/ShopStores/tools/store-locator.page>

**ALL ALBERTSON'S PHARMACIES**  
<http://www1.albertsons.com/ShopStores/tools/store-locator.page>

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# Your Best Defense Against Opioid Overdose



Information that can help save a life



**SNOHOMISH HEALTH DISTRICT**  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)

# 1

## CHECK...COULD THIS BE AN OPIOID OVERDOSE?



### Look and listen for:

- ▶ slow or no breathing
- ▶ gurgling, gasping or snoring
- ▶ clammy, cool skin
- ▶ blue lips or nails
- ▶ pill bottles, needles or alcohol

### Try to wake them up.

- ▶ Shake them.  
Call their name.
- ▶ Rub your knuckles hard over their chest bone.



**If they don't wake up, you need to act fast!**

# TAKING ACTION IN AN OPIOID OVERDOSE

# 2

## CALL 911



- ▶ You don't need to say anything about drugs or medications.
- ▶ Just say where you are and that the person isn't breathing.

### Under the Good Samaritan Law:

You cannot be prosecuted for having a small amount of medication or drugs when you seek help in an overdose. The overdose victim is also protected. But the law does not protect you or them from other crimes or warrants.



# 3

## GIVE NALOXONE AND START RESCUE BREATHING



- ▶ Give the naloxone (intranasal spray or injection). Follow the instructions on the package or in the overdose rescue kit.
- ▶ Start rescue breathing.
- ▶ If they don't respond in 3-5 minutes, give a **second dose of naloxone**.
- ▶ Keep rescue breathing!

**If you don't have naloxone, do rescue breathing. Oxygen is critical!**

### Rescue Breathing

- ▶ Tilt head back. Lift chin. Pinch nose.
- ▶ Give **2 quick breaths**. Chest should rise.
- ▶ Then **1 slow breath every 5 seconds**.
- ▶ **Keep going** until they start breathing or help arrives.



# 4

## STAY WITH THEM



- ▶ If they start to wake up and breathe, stay with them.
- ▶ Naloxone wears off in 30-90 minutes. When it does, the person can stop breathing again. **Watch them until medical help arrives.**
- ▶ If you must leave, put the person into the *recovery position* and in a place where they can be found.



*Proper recovery position*