

OVERDOSE MANAGEMENT PLANNING

- ☑ **TAKE ACTION EARLY.** Try to wake your friend if he's in a heavy nod. If he doesn't wake up, **call 911.**
- ☎ **CALL 911.** Always call 911 as soon as possible. Identify nearby phones if there is not one where you use.
- ☑ **LEAVE SOMEONE WITH THE VICTIM.** You may want to have someone without open warrants stay.
- ☑ **FIND OUT IF SOMEONE KNOWS RESCUE BREATHING OR CPR.** This should be the person to stay with the victim.
- ☑ **FIND OUT IF SOMEONE HAS NARCAN AND KNOWS HOW TO USE IT.** This is not a substitute for calling 911.
- ☑ **DECIDE WHETHER YOU WANT TO KEEP YOUR ID ON YOU IF YOU HAVE LEGAL PROBLEMS.** Keep in mind, the ID may contain important medical info that can save your life if you OD.
- ☑ **IF THE VICTIM DOESN'T GO TO THE ER, PLAN TO STAY WITH THE VICTIM.** He may OD after the Narcan wears off.

CALL 911



STAY CALM!!

1. If you can, have someone stay with the person who has OD'ed. If there is no one, return after you call.
2. Ask for an ambulance. **Give your EXACT location.**
3. Describe the person's symptoms - - slow breathing, passed out, shaking, etc.
4. **BE HONEST.** If the operator asks if this is an OD, say so.
5. **When the ambulance arrives, tell the paramedics the truth.** They need to know what was used, how much, and how quickly in order to save the person's life.
6. Police won't arrest you for just being at the scene of an overdose. Their first priority is to save the victim's life.

Important Phone Numbers

Drug Treatment & Needle Exchange: 410-637-1900
Baltimore City

Health Department: 410-396-4398

STAYING ALIVE:

OVERDOSE PREVENTION AND MANAGEMENT



Baltimore City Health Department
210 Guilford Avenue
Baltimore, Maryland 21202

WHAT IS AN OVERDOSE?

An overdose, or OD, occurs when you take more drugs than your body can handle. **Even a long-time user can overdose.**

ODs don't have to be fatal. **The best way to prevent overdose is to get treatment and stop using.** But if you do keep using, a few simple rules can help prevent an overdose.

OVERDOSE SYMPTOMS

Heroin, opiates, and/or other downers (alcohol, Xanax, benzos, etc.): Slowed or stopped breathing; passing out; blurred vision; blue lips, skin, or nails; slow or faint pulse.

Cocaine, crack, speed, or other stimulant: Faster breathing; heart attack; seizure; stroke; skin crawls; faster heartbeat.

HOW TO PREVENT AN OVERDOSE

DO use with a partner or friend. A partner can get help if you overdose. A partner can also help you pace your drug use.

DO control your own high. When someone “hits” you, you are more likely to OD.

DO take care of your health. Drink plenty of water, get plenty of rest, and go in for a yearly check-up. Call the Health Department to get info about free or low cost clinics.



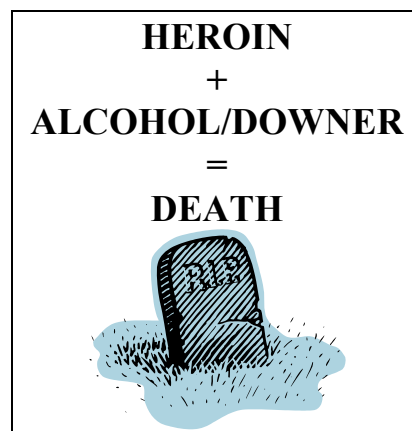
DON'T “slam” drugs. Do a small tester shot first. You can never be sure how pure a dose is or what it is cut with. By doing a small amount of the drug first, you can judge how pure it is and reduce your risk of overdose.

DON'T use your normal dose after several days, weeks, or months of being clean or sick. If you've been clean or reduced your drug use for any reason (illness, treatment, etc.), your body is no longer use to the amount of drug you did before. **Once you put it in, you can't take it out.**

DON'T use one drug with other drugs or alcohol. Drugs with the same effect are even more deadly when taken together. For example:

- ✓ Heroin,
- ✓ Alcohol,
- ✓ benzodiazepenes, and other downers

should NEVER be used together.



HOW TO REACT TO AN OVERDOSE

DO call 911 FIRST. The sooner you call for help, the sooner the paramedics can save the overdose victim. Info on what to tell 911 operators and paramedics is on the back of this brochure.

DO place someone who has OD'ed in the recovery position. If someone is giving him Narcan, lay him on his stomach with his head turned. If no one has Narcan, place him on his back.



DO give the victim rescue breathing if he has stopped breathing. Rescue breathing, also known as mouth-to-mouth, is simply breathing into the victim's mouth. Make sure his throat is clear of vomit, food, etc.

DON'T do CPR unless you are trained to. This includes hitting the victim's chest.

DON'T hit someone who is overdosing.

DON'T place an overdose victim in a full bathtub or shower. Try to keep him awake by talking to him, walking him around the room, or even GENTLY shaking him.

DON'T inject salt water, milk or any other substance into someone who is overdosing. This can seriously injure him.

DON'T do more drugs after receiving Narcan. Even though you feel like you've gone into withdrawal, there are still drugs in your system. Using more may cause you to OD again.

DO have an overdose plan. Talk to your shooting partners about what you would do if one of you overdoses. More info about overdose planning is on the back of this brochure.