Overdose Prevention Education

What Is An Overdose?

An overdose is when someone takes more than a normal or recommended amount of a substance or medicine. Toxic amounts of a substance can shut down the body. It is important to understand that **anyone can experience an overdose**. The amount of substance used to cause an overdose can vary from person to person and change over time. People can overdose on many things including prescription medications, alcohol, illicit substances, and other substances.

Overdose Risk Factors

Mixing Drugs

- Mixing any type of drugs is unsafe, unless approved by your doctor.
- Mixing pain management medication, mental health medication, illicit substances, prescription medication, addiction management medication, and/or alcohol can increase risk of overdose.

Fentanyl

- Fentanyl is a strong opioid. It is 50 times stronger than heroin.
- Fentanyl is being mixed into many illicit substances, even some that look like prescription pills.
- Testing illicit substances for fentanyl can help prevent overdose.

Low Tolerance/ Stopping Use For A period Of Time

- When someone has stopped using an opioid or other drug, even for a couple of days, they are at increased risk for an overdose because their tolerance has changed.
- Examples of when this might happen include: recent pregnancy, being released from jail or a treatment center, or coming out of detox.

Storing Medication Incorrectly

- Medications left open, or out on a table or counter can accidentally be taken by children.
- Keep all medications in a cool, dry place with a secured childproof cap.
- Keep out of children's reach and sight.

Taking Medication Incorrectly

- Taking more medication than recommended or taking someone else's medication can increase overdose risk.
- Talk with a doctor before changing the amount of prescription medication you take.

Using Illicit Substances Alone

- There is an increased risk when consuming a substance alone because there is no one present to call for help if something goes wrong.

Recognizing An Overdose



- **Slow or abnormal breathing.** The person may gasp for air or stop breathing.



- The person **may seem to be sleeping** and may even snore. They may make snoring sounds.



- Pale, sweaty, **clammy skin**.



- Pinpoint or small pupils.



- Lips and/or fingers may turn **blue/purple**.

In the case of an overdose, you are **unable to wake the person**.

Providing Help

- Make sure your surroundings are safe before helping.
- Check the person for breathing and consciousness.
- **Call 9-1-1**, follow instructions.

Administer Narcan®

- When in doubt, give Narcan®. It won't hurt someone who doesn't have an opioid in their system.
- Place person in "recovery position".

Recovery Position

- Lay person on side. Top leg bent forward to support. Bottom arm bent to prevent rolling over. Top hand under chin to keep mouth open.

How To Use Nasal Narcan®

1 Call 9-1-1.
   a. If it is not an overdose, the person will still likely need medical care.
   b. In Wisconsin, state laws protect those who make a good faith effort to help others in life-threatening situations, even when a controlled substance is involved.

2 Lay the person on their back to give Narcan®.

3 Follow the instructions/pictures that are with the Narcan®.
   a. If there are no instructions, ask the 9-1-1 operator.

4 Place the tip of the nozzle in one nostril until your fingers touch the person's nose.

5 Press the plunger firmly to release the Narcan®.
   a. If there is no response after 2-3 minutes, give another dose.

6 After Narcan® is given, put the person in the recovery position.



*Narcan® wears off after 30-90 minutes. It is **important the person receives medical attention**, even if they do wake up.*

Local Resources

Narcan®

Narcan® can only reverse opioid overdoses

- Narcan® can be purchased with or without a prescription
- Anyone can carry Narcan®
- Find Narcan® **HERE** or call 1-800-642-7837

Wisconsin Addiction Recovery Helpline

- Resource for finding substance use treatment and recovery services
- Connect via phone, text or chat
- Call 1-833-944-4673 for a free, confidential, 24/7 helpline
- The website can be found **HERE**

Never Use Alone

- Never Use Alone is a free service to help people stay safe during substance use
- No judgement, No shaming, No preaching, JUST love!
- Call 1-800-484-3731

Safe Syringe Use

- Syringe Services (also known as needle exchange) can provide clean supplies and safe disposal for used sharps
- Disposal sites can be found **HERE** or call 1-800-642-7837

Mental Health Resources

- Mental health issues and substance use often occur at the same time
- Mental and behavioral health support and education for families can be found **HERE** or call 1-800-642-7837

Fentanyl Test Strips

- Testing illicit substances for fentanyl can help prevent overdose
- Find test strips **HERE** or call 1-800-642-7837

Medication Disposal

- Drug take back days
- Drop boxes
- Disposal pouches
- Find resources **HERE** or call 1-800-642-7837

Support & Recovery

- A variety of programs are available throughout the state
- Contact **Well Badger Resource Center** for more information

Want Help?

Well Badger Resource Center 1-800-642-7837 help@wellbadger.org

Suicide & Crisis Lifeline 9-8-8

If you are experiencing an emergency, call 9-1-1

WELL BADGER RESOURCE CENTER

WISCONSIN WOMEN'S HEALTH FOUNDATION