ADDICTION IS A DISEASE.
RECOVERY IS POSSIBLE.
TREATMENT IS AVAILABLE.

CALL BH Link
414-LINK
401-414-5465
**HOW TO RESPOND TO AN OPIOID OVERDOSE**

Signs of an overdose include:
- Can’t be woken up
- Slow or no breathing
- Fingernails or lips turning blue

1. **Call 9-1-1**
   - Tell them someone isn’t breathing
   - Give an accurate description of your location

2. **Give naloxone (Narcan®)**

3. **Support ventilation**
   - Start CPR as directed by 9-1-1.
   - Push hard and fast in the center of the chest to the beat of the classic disco song, *Stayin' Alive*.

4. **Be prepared to give a second dose of naloxone**
   - If the person does not wake up in three minutes, give a second dose of naloxone.
   - Put the person on their side with their body supported by a bent knee. This will help keep their airway clear and stop them from choking if they throw up.
   - Please note that naloxone typically wears off in 30 to 90 minutes.

**DON’T BE AFRAID TO CALL 9-1-1**

The Rhode Island Good Samaritan Law protects you from arrest for helping anyone you think is having an overdose.

**SAVE A LIFE. GET NALOXONE.**

Naloxone (sometimes called Narcan®) is an antidote used to reverse an opioid overdose. Naloxone is available without a prescription at pharmacies across Rhode Island. Most insurers cover the cost of naloxone.

**SAFER DRUG USE PRACTICES**

- **Get naloxone.** Teach friends and family the signs of an overdose and how to respond with naloxone.
- **Help each other.** Make sure someone is with you who can call 9-1-1 and give naloxone in an emergency.
- **Don’t mix drugs** like benzos, alcohol, heroin, oxys, percs, or vikes.
- **Not taking drugs for a while can lower your tolerance level.** If you must restart, start low and go slow.
- **Use fentanyl test strips.** The very strong opioid fentanyl comes in pills, powders, and powder mixed with other drugs, especially cocaine and heroin. Fentanyl test strips are easy to use tests to see if your drugs have been mixed or cut with fentanyl. When you get your result, you can make the decision about what to do next.