

To get help and support to stop using, call **800-LIFENET (800-543-3638)** or **311**. To find out where to get an overdose rescue kit with naloxone, ask for "overdose prevention."

- + Most drug overdoses involve opioids, including heroin and prescription painkillers.
  - + Prescription painkillers — such as oxycodone — are a growing cause of drug overdoses.
  - + Most drug overdoses happen when you have more than one substance in your body.
- YOU COULD BE AT RISK FOR DRUG OVERDOSE.**

# PREVENT DRUG OVERDOSE



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- + **If you are taking drugs, try to be with other people.** If you're alone and something goes wrong, no one can help.
- + **Know your limits.** If your body has been drug-free for awhile and then you take drugs, you are more likely to overdose. Take less than usual.
- + **Don't mix drugs.** You're more likely to overdose if you combine an opiate, like a painkiller or heroin, with alcohol, cocaine, benzos, or other drugs.

## EMERGENCY OVERDOSE INSTRUCTIONS

- + **Call 911.**
- + **If the person is not breathing, do rescue breathing (mouth-to-mouth).** Tilt the person's head back, pinch their nose, and give two quick breaths. Continue with one breath every five seconds.
- + **Give naloxone (Narcan) if you have it.** Spray half a dose of nasal naloxone into each nostril, or shoot injectable naloxone into the upper arm or thigh.
- + **Lay the person on their side.** Wait for help to arrive.

