

OVERDOSE PREVENTION & RESPONSE

In 2020, 1,378 people lost their life to a fatal overdose in Connecticut. A total of 12,176 non-fatal overdose events were reported to local emergency departments during the same time period.



WHAT ARE THE SIGNS OF AN OPIOID OVERDOSE?



skin feels cold and clammy

fingernails or lips are blue or purple



body is limp

can't wake the person up



deep snoring or gurgling sounds

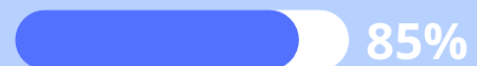
breathing is very slow, erratic or has stopped



pupils are very small

ANYONE CAN OVERDOSE

Opioids like heroin, fentanyl, or prescription drugs, can cause a person to stop breathing. Fentanyl, a powerful opioid, was involved in 85% of the fatal overdose deaths in 2020.



Factors that increase the risk of overdose include:

- Using street bought products including, but not limited to, heroin, cocaine, Xanax, methamphetamine, and other stimulants, these products are often mixed with fentanyl.
- Taking prescription opioids that were not prescribed to you
- Obtaining opioids from an unregulated source where their quality and potency are not known
- Having overdosed on opioids before
- Using opioids again after having stopped for a while, which lowers tolerance
- Using opioids alone

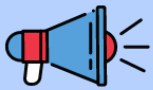
The Quinnipiack Valley Health District (QVHD) & The New Haven Health Department (NHHD)
www.connectgnh.org
CONNECT@qvhd.org
CONNECT WITHOUT STIGMA



ANYONE CAN SAVE A LIFE USING NALOXONE

- Naloxone, also known as Narcan, temporarily reverses an opioid overdose allowing time to access medical attention.
- Naloxone comes in various forms, including a nasal spray and is harmless if administered to someone who is not overdosing.
- Narcan is available at most local pharmacies without a prescription.
- For free training & overdose response kits, contact your local health department by calling or texting (203) 800-6749.

RESPONDING TO AN OVERDOSE WITH NARCAN NASAL SPRAY



Step 1: Stimulation

Try to wake the person up, call their name, rub your knuckles hard against their sternum/breastbone/bony area between ribs.



Step 2: Call 9-1-1

It's important to ensure help is on the way before doing anything else. Let the operator know the person is unresponsive, tell them exactly where the person can be found.



Step 3: Administer Naloxone (Narcan)

Lay the person on their back, tilt their head back while supporting their neck with one hand. Insert the tip of the Narcan nozzle into one nostril. Firmly press the plunger.



Step 4: Check Breathing

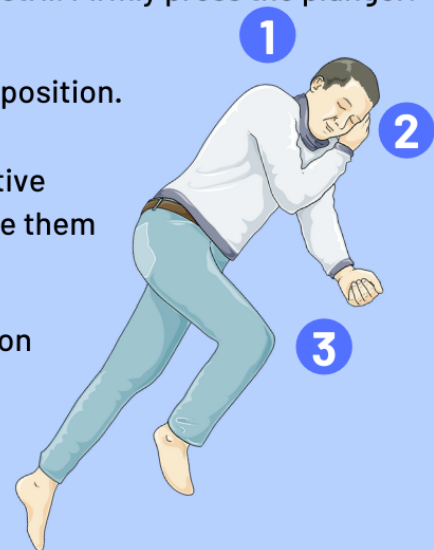
If the person IS breathing, put them in the recovery position.

If the person is NOT breathing, use personal protective equipment (gloves, breath barrier device) if you have them available and begin providing rescue breathing.

1 Roll the person onto their back, place one hand on the person's chin, tilt their head back and pinch their nose closed.

2 Seal your mouth over theirs and breathe in one breath every five seconds.

3 Their chest should rise; not their stomach.



Step 5: Reassess

If there is no response after 2-3 minutes, give the person another dose of naloxone and continue to watch them. Continue rescue breathing until the person responds or until EMS arrives.