

THE FACTS

Heroin and other Opioids

Heroin and other opioids are either derived from the poppy or made in a lab to have the same effects: euphoria and pain relief. If you take too much then you stop breathing and die.

Examples:

Heroin, codeine, morphine, methadone, oxycodone (Oxycontin, Percocet), hydrocodone (Vicodin), hydromorphone (Dilaudid) fentanyl (Duragesic).

What is naloxone?

Naloxone (Narcan) reverses heroin overdoses by blocking heroin (or other opioids) in the brain for 30-90 minutes. During that time enough heroin usually wears off so that the overdose is prevented.

Naloxone in Action

It wakes you up and makes you breath. It doesn't get you high. It does nothing to someone who isn't using opioids. Routinely used by Emergency Medical Services. It is over the counter in Italy.

Drug treatment and heroin overdose prevention: opioid maintenance

Methadone maintenance can decrease the risk of overdose by up to 75%. Since the start of buprenorphine and methadone maintenance in France heroin overdose deaths have dropped by 79%. If you are using heroin you might want to start methadone or buprenorphine maintenance treatment.



Reconociendo los síntomas y riesgos de la sobredosis

Risks & Recognition of Overdose

La sobredosis es común cuando:

La tolerancia disminuye al no usar la heroína o metadona después de haber estado encarcelado o en un programa de rehabilitación de drogas

Se mezclan las drogas especialmente con alcohol o tranquilizantes

Se usa a solas o sin compañía

Reconociendo la sobredosis:

La persona está inconsciente, respira lentamente y no responde a:

Que le griten su nombre o la palabra "Narcan"

Que le froten los nudillos sobre el pecho.

Overdose is most common when:

Your tolerance is down due to not using heroin or methadone- after incarceration, detox or drug-free drug treatment.

When drugs are mixed especially alcohol or benzos.

When you use alone.

Recognizing overdose:

Person is unconscious, breathing very slowly and doesn't respond to:

- Yelling their name or "Narcan!"
- Rubbing knuckles on the breastbone.

Drug Treatment/
Tratamiento de Drogas
1-800-LIFENET
HIV/VIH
1-800-541-AIDS /
Español **1-800-233-SIDA**

S.K.O.O.P.

Skills and Knowledge On Overdose Prevention is a joint program of the **Harm Reduction Coalition**
22 West 27th St. 5th Fl.
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Is Your Friend Turning Blue? Prevent Overdose

STEP 1.

CALL 911
Llame al 911



Call 911

- Give address/location.
- Say "my friend is unconscious and I can't wake her up." or "my friend isn't breathing." You don't need to say that any drugs have been taken until the ambulance arrives.

Llame al 911

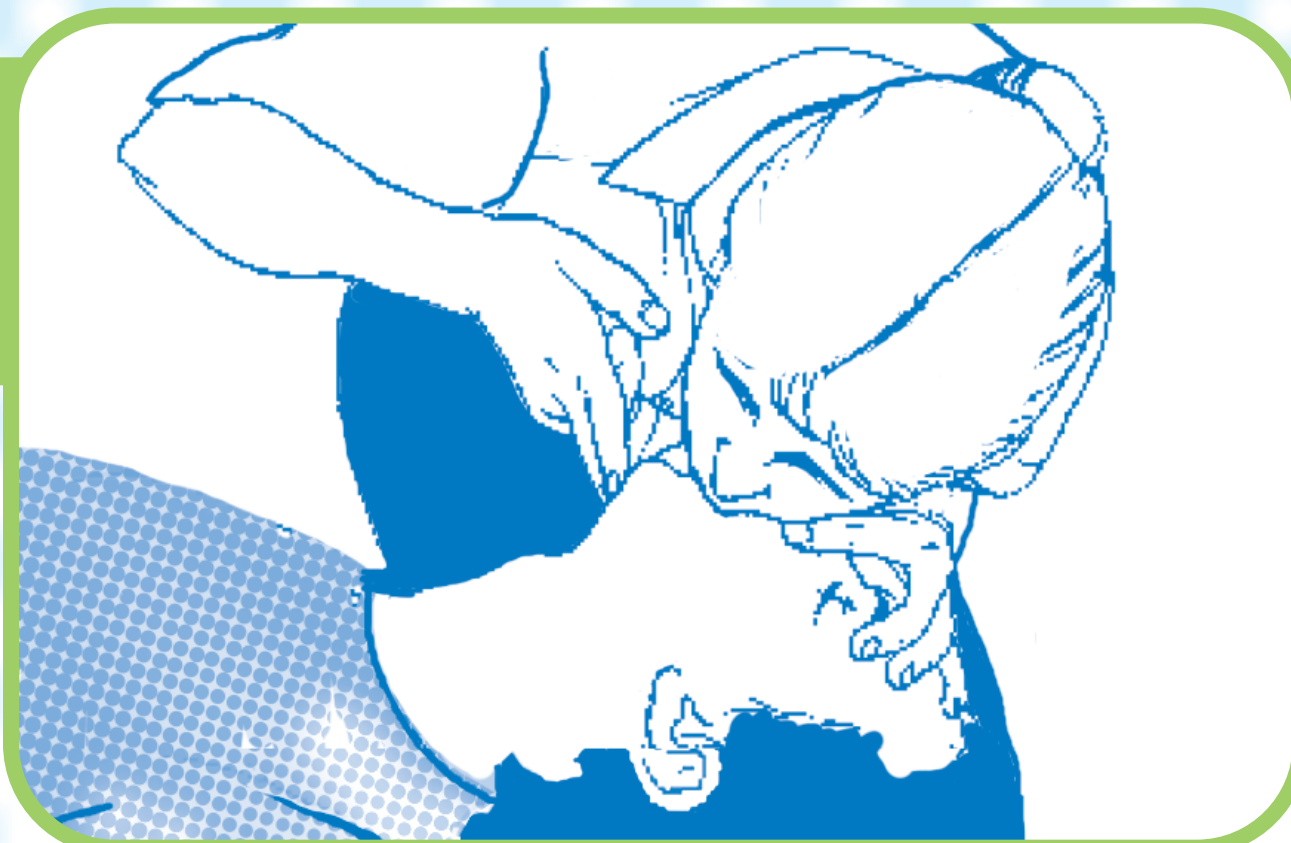
y dígale a la operadora:

- La dirección del lugar
- Diga "mi amigo está inconsciente y no puedo despertar" o "mi amigo no está respirando"

No tiene que decir que han consumido drogas hasta que llegue la ambulancia.

STEP 2.

RESCUE BREATHING
Respiración Boca a Boca



Rescue breathing

- Make sure there is nothing in the mouth.
- Tilt head back, lift chin, pinch nose.
- Give a breath every 5 seconds.

Respiración boca a boca:

- Asegúrese que la boca esté vacía
- Inclínele la cabeza hacia atrás, levántele la barbilla y apriétele la nariz
- Sople en la boca de cada cinco segundos

STEP 3.

GIVE NALOXONE
Administre Naloxone



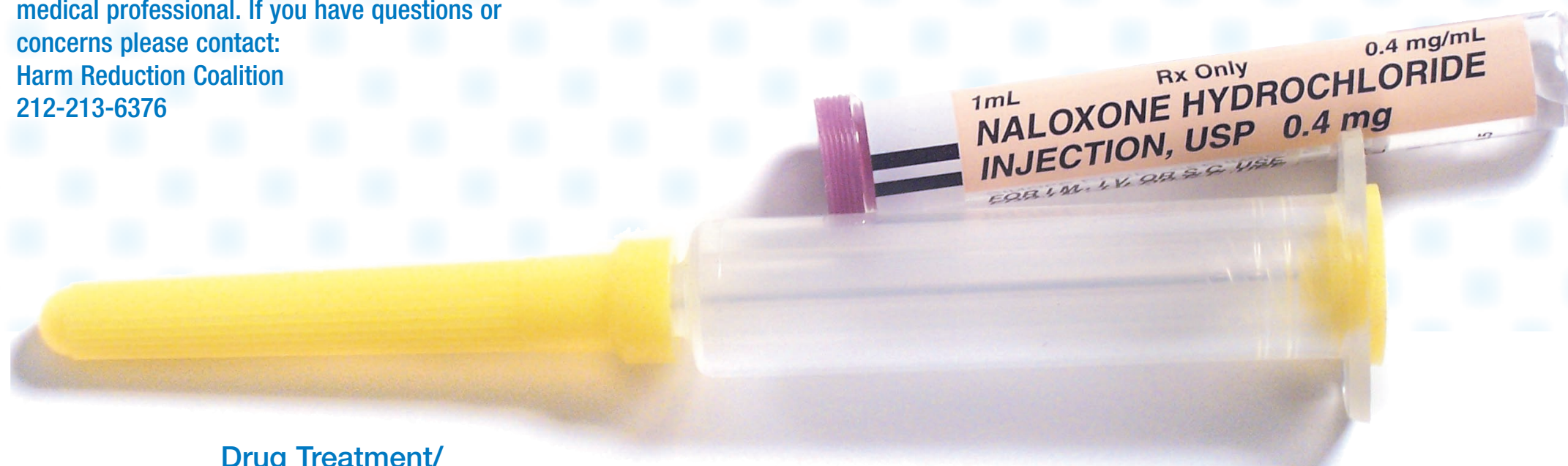
Give Naloxone

- Inject into upper arm, buttock or thigh – in the muscle or as far in as a diabetic size needle will go if that is what you have.
- Repeat after 3-5 minutes if not waking up and call 911 if you haven't yet.
- Remind the person that naloxone will wear off in a little while and they will stop feeling dope sick.
- Stay with them until they go to the hospital.

Administre Naloxona

- Inyecte la Naloxona en el músculo de la parte posterior del brazo, o en la narga, si posee una aguja para uso de insulina, introdúzcala completamente.
- Repítalo después tres hasta cinco minutos y llame al 911 si es que no lo ha hecho aún.
- Recuérdale que el efecto de la naloxona no es permanente, y empezará a sentir el efecto de la heroína nuevamente, la heroína no ha sido eliminada del cuerpo.
- Acompáñelo hasta que llegue la ayuda de emergencia.

Naloxone must be prescribed to the carrier by a medical professional. If you have questions or concerns please contact:
Harm Reduction Coalition
212-213-6376



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