

HOPE

WITHOUT STIGMA

RECOGNIZING
& RESPONDING
TO AN OPIOID
OVERDOSE



Warning: Contents may contain valuable information to save a life.



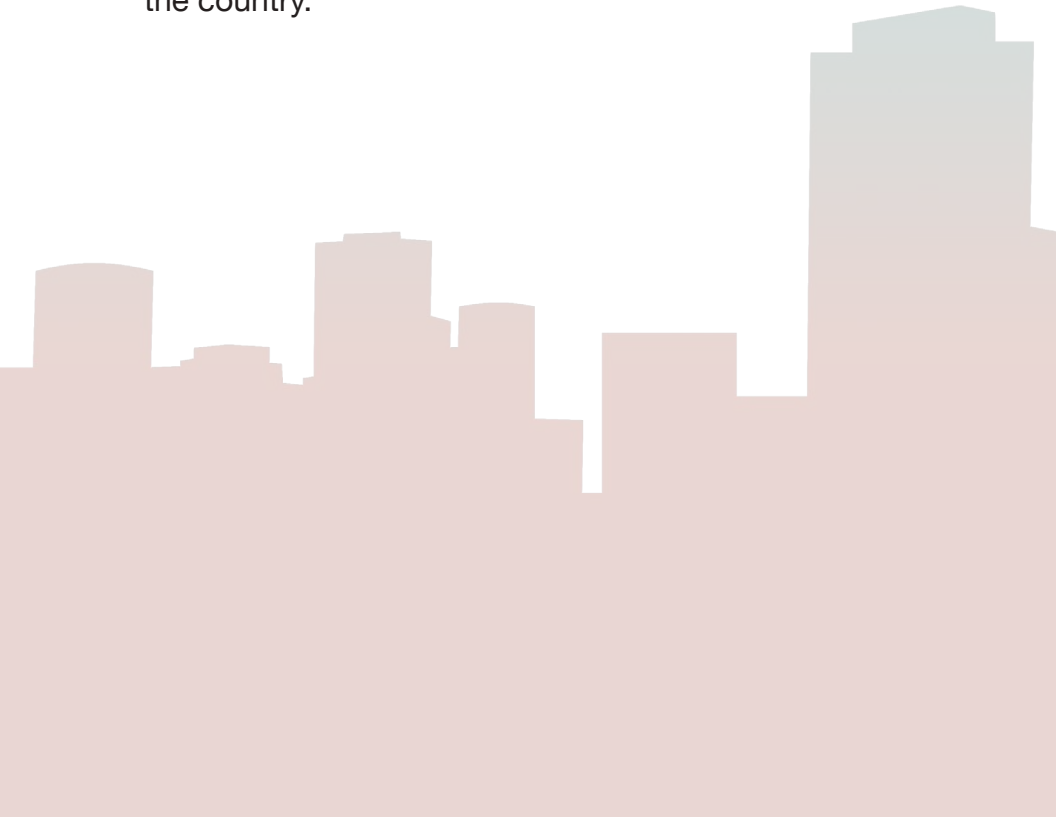
California Consortium for Urban Indian Health

CCUIH Strengthening The Organizations That Strengthen Our Communities



Acknowledgements

CCUIH would like to thank Harm Reduction Services in Sacramento, CA for the support they have offered in the creation of this training tool. Additionally, we would like to thank our artist in residence, Jackie Fawn. Jackie is a member of the Yurok and Washoe Tribes, living and working in the San Francisco Bay Area. She has been working as an artist for the last three years, producing works for CCUIH in addition to her work illustrating indigenous social issues across the country.



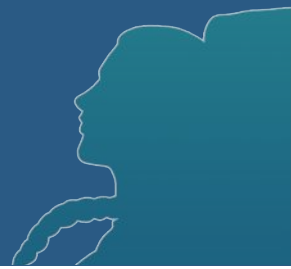
Introduction

According to the CDC, drug overdose is now the leading cause of accidental death in the US, far surpassing deaths caused by motor vehicle accidents (CDC 2014). Unlike car accidents, however, people who use drugs are often stigmatized because drug use is not as socially acceptable as driving. All people, including those who use drugs, have the right to lead healthy, productive lives.

The California Consortium of Urban Indian Health (CCUIH) is working to reduce stigma associated with opioid use and treatment to promote health and wellness for Urban Indian communities. CCUIH's project educates Native people about how to recognize and reverse opioid overdoses from prescription painkillers and non-prescription substances like heroin and other potent opioids.

This training guide includes information about recognizing and reversing opioid overdoses, including how to call 9-1-1, do rescue breathing, and use naloxone nasal spray. Naloxone is the opioid overdose reversal medication. Please share this information with everyone you know and encourage others to carry naloxone.

1 WHAT ARE OPIOIDS?



OPIOIDS INCLUDE:

Prescription Painkillers Such as

morphine,
codeine,
methadone,
oxycodone,
hydrocodone,
fentanyl,
hydromorphone and
buprenorphine.

Non-Prescription Substances Such as

heroin and illicit
potent opioids such
as fentanyl analogs.

&

These are extremely addictive and
may lead to opioid use disorder.

What is NOT an Opioid?

People commonly mistake cocaine, methamphetamines, ecstasy, LSD, GHB, Ketamine, and other substances for opioids. These are NOT opioids and naloxone will not reverse overdoses caused by these substances.

2 WHAT IS AN OPIOID OVERDOSE?

Opioids depress the nervous system, which means they can make your brain, heart, and lungs function at a much slower rate. If you take too many opioids, your heart and lungs may slow down so much that they stop working altogether.

1

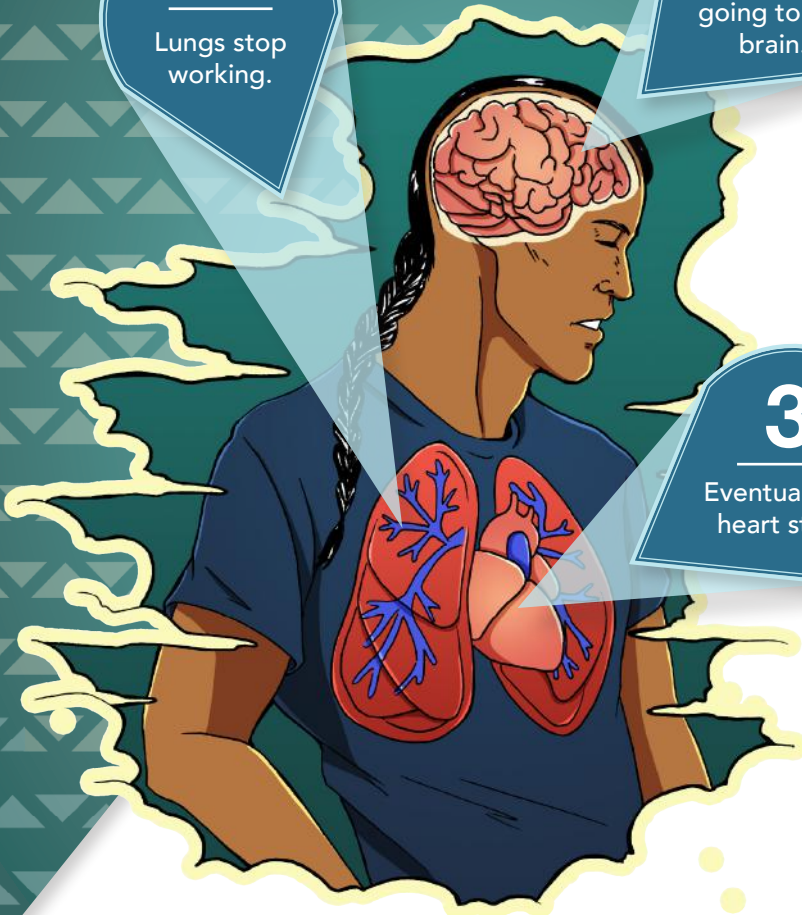
Lungs stop working.

2

No oxygen going to the brain.

3

Eventually the heart stops.

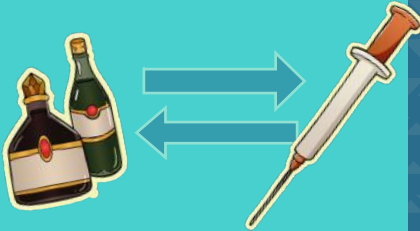


3 WHAT CAUSES AN OPIOID OVERDOSE?



An overdose happens when someone takes too many opioids and their heart and lungs slow down and may stop working.

Mixing Drugs like Alcohol, Stimulants, and Pills



Using Drugs by Yourself or When you Feel Lonely



Using Poor Quality Drugs or Drugs of Unknown Quality



Never lock the door when you are using alone.

Having a Low Tolerance Level
For example:



After leaving hospital or detox.



After recent stay in jail.

Using Drugs with Existing Health Problems



Liver Problems



Breathing Problems



Dehydration

4 WHAT DOES AN OPIOID OVERDOSE LOOK LIKE?

SIGNS OF AN OVERDOSE



Fingernails or lips look blue/purple/ashen.

The illustration shows a woman with long brown hair, wearing a blue top and a pink skirt, slumped over with her eyes closed and hands clasped. She is surrounded by yellow lightning bolts, indicating a medical emergency. Several blue callout boxes with white text point to specific parts of her body, describing signs of an overdose. The background features a green and white geometric pattern.

Face is more pale than usual and/or clammy to the touch.

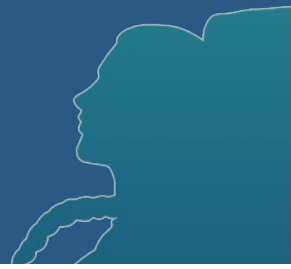
Slowed or stopped heartbeat.

Cannot be woken up.

Body is limp.

Shallow or slow breathing, snoring or gurgling.

5 IF YOU SUSPECT AN OVERDOSE:



Wake Up!

Make Noise

Yell at the person, shout at them to wake up!



Sternum Rub

Rub on the person's chest bone near their heart to cause discomfort.

If this wakes them up, they are not overdosing. Put them in the recovery position and stay with them.



Recovery Position:

- 1) Roll body onto side.
- 2) Knee keeps body from rolling over.
- 3) Hand supports head.



6 IF THEY DO NOT WAKE TO NOISE OR PAIN:

Call 9-1-1 right away!

1

Stick to the basics, share your location.

2

Say that your friend is not breathing nor responding.

3

Remember: GOOD SAMARITAN LAWS protect you from arrest when calling to help someone who may be overdosing.



7 BEGIN RESCUE BREATHING



1

Check Airway for:

- Toothpicks
- Gum
- Pills
- Syringe Caps
- Fentanyl Patches, and anything else!

2

Tilt head back, lift chin, pinch nose.

3

Give two normal breaths. Ensure chest rises with each breath.

4

Then, give one breath every five seconds until emergency personnel arrive or the person wakes up.

8 USE NALOXONE TO REVERSE THE SUSPECTED OPIOID OVERDOSE



Step 1

Peel back the package to remove the naloxone spray device.

Warning: DO NOT do a test spray. There is only one dose and a test spray will waste it.

Step 2

Tilt the person's head back and provide support under their neck with your hand.



Step 3

Hold the device with your pointer and middle finger on either side of the nozzle. Place the tip of the nozzle in either nostril until your fingers touch the person's nose.

Step 4

Use thumb to press the plunger firmly and spray the entire dose in one nostril. **Note:** Naloxone nasal spray will still work when the person is not breathing.



9 WHILE WAITING FOR NALOXONE TO WORK

1

Continue rescue breathing until the person wakes up or paramedics arrive.



If they wake up or you step away, put them in the recovery position.

2



3

Wait 2-3 minutes. If the person hasn't woken up, give them a second dose of naloxone by using a **new/unused** device and spraying the contents in the opposite nostril.



4

If the person still hasn't woken up, they may be experiencing a health issue for which naloxone has no effect. Be sure you have called 9-1-1 so emergency responders can help.



10

AFTER YOU GIVE SOMEONE NALOXONE



Duration

The effects of naloxone only last for 30-90 minutes. After this time, any opioids in the person's system may cause another overdose and require additional naloxone.



Take Care

If the person becomes responsive and begins breathing on their own, put them in the recovery position.

The person may experience discomfort from withdrawal. Try to care for them and wait for paramedics to arrive.

Explain

If the person wakes, they may not remember overdosing. Explain what happened and tell them to avoid additional substance use. Opioids will not work with naloxone in their system.

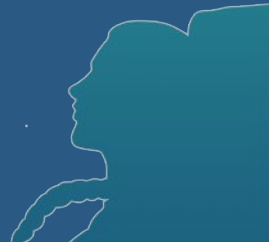
Be Patient

Naloxone may not work immediately.

Continue rescue breathing until the person wakes or emergency personnel arrive.



11 CARING FOR YOUR NALOXONE



DO NOT

Do not expose naloxone to direct sunlight or extreme temperatures.

Do not remove naloxone from packaging until ready to use.



DO

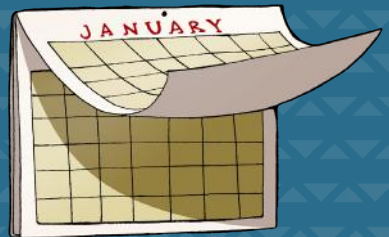
Store naloxone in a dry and mild environment. Not too hot and not too cold.

Be prepared. Keep naloxone with you or in a convenient, accessible place.



REMEMBER

Naloxone expires in 18 months to 2 years. The expiration date is on the carton.



Conclusion

Nasal spray is one form of the opioid overdose reversal medication, naloxone. Naloxone is available without a prescription from many local pharmacies, but can be expensive. Most health plans cover the cost of naloxone, including Medi-Cal, Medicare Part D and Medicare advantage plans, as well as most private insurances.

Keep it simple when asking your provider for naloxone. Tell them you would like naloxone to keep you and your loved ones safe. Do not be embarrassed to ask for it. Your health providers want you to be safe and stay alive!

Thank you for taking the time to learn more about recognizing and reversing opioid overdoses. If you would like to do more to support this project, please contact the California Consortium of Urban Indian Health (CCUIH) at info@ccuih.org or visit us at ccuih.org.

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[Tribal] A unified response to
[MAT] the opioid crisis in
California Indian Country



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