**OVERDOSE PREVENTION & NALOXONE TRAINING PROGRAM**

* What does an overdose look like?
	+ Uppers (stimulants) like crack, speed, cocaine, methamphetamines – speed up the body

 Symptoms of OD: heart attack, stroke, seizures

* Downers (depressants) benzodiazepines, and opioids like heroin, fentanyl, oxycontin, oxycodone, methadone – slow down the body
* Symptoms of OD: turning blue or grey, gurgling/snoring noises, limp body, **slow or no breathing**
* **Naloxone only works to reverse overdose on downers called opioid drugs, such as heroin, oxycodone, etc.**
* Identify risk factors – things that make overdose more likely
	+ Prior overdose
	+ Loss of tolerance, due to recent detox or going to jail
	+ Mixing drugs
	+ Variation of drug (strength/quality)
	+ Using alone
	+ Letting someone else prepare your shot
* Common myths- these things do not stop an overdose
	+ Salt or milk shots
	+ Cocaine shots
	+ Ice bath, cold shower, ice in the rectum
* Steps for responding
	+ Rub your knuckles hard across their chest bone, shaking, calling name loudly
	+ Call 911 – say that somebody has stopped breathing
	+ Give rescue breathing- Tilt head back, lift chin, pinch nose, give 1 slow breath every 5 seconds
	+ Give naloxone-
	+ Continue rescue breathing for 2-3 minutes, 1 breath every 5 seconds.
	+ If not responding give 2nd dose of naloxone, continue with rescue breathing until help arrives
	+ Place person in the recovery position if you must leave them
* Do not use more drugs! Naloxone will cause withdrawal symptoms. You can overdose again when the naloxone wears off. Naloxone lasts 30-90 minutes. Then drugs may take over again and make person overdose.
* Good Samaritan Law
	+ If you think someone is overdosing, and you seek medical help for the victim, neither of you will be charged for possessing or using a small amount of drugs.
	+ It is legal to carry and administer naloxone
	+ Good Samaritan Law CANNOT protect you against:
		- Outstanding warrants
		- Probation or parole violations
		- Drug dealing (if scales, baggies, cash, etc. are around at the scene)
		- Crimes other than drug possession (weapon possession, driving drunk or high)
* Contents of kit and care of kit
	+ Kit Contents: 2 intranasal doses of naloxone, information pamphlet, Good Sam Law info
	+ Care of Kit: Away from light, room temperature, expiration date (1.5-2 years), keep in a place that is easy to find, tell friends and family members where it is