

## What is an opioid overdose?

Heroin and opioid pain medications can cause bad reactions that make your breathing slow down or even stop. This can happen if your body can't handle the opioids you take that day, or if you take stronger opioids than usual.











[chicagoconnects.org](http://chicagoconnects.org)

If you are considering drug treatment, you can find local resources on [chicagoconnects.org](http://chicagoconnects.org) or by calling 1-833-2FINDHELP

Now that you have Naloxone...  
TELL SOMEONE WHERE IT IS AND HOW TO USE IT.

## TIPS TO AVOID OPIOID OVERDOSE:

-  Try not to use drugs alone. If you do use drugs alone, let someone know where you are.
-  Try not to mix drugs. If you do mix drugs, use less of each drug.
-  Try a small amount of your drug to determine how strong it is.
-  Try to use less if you are sick or your immune system is down.
-  If you've had a period of abstinence (for example detox or incarceration) use less drug than normal.
-  Try to leave the door unlocked whenever possible.
-  Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.
-  Be sure to let others know that you have naloxone and teach them how to use it.

FOR MORE INFORMATION  
& ADDITIONAL RESOURCES, VISIT  
[OVERCOMEOPiOIDS.ORG](http://OVERCOMEOPiOIDS.ORG)



# SAVE A LIFE GET NALOXONE



CHICAGO DEPARTMENT OF PUBLIC HEALTH

## In Case of Overdose:

### 1 CHECK RESPONSIVENESS

LOOK FOR ANY OF THE FOLLOWING:



No response even if you shake them or say their name



Breathing slows or stops



Lips and fingernails turn blue or gray



Skin gets pale or clammy

### 2 CALL 911 & GIVE NALOXONE

IF THEY ARE NOT BREATHING

IF NO REACTION IN 3 MINUTES,  
GIVE SECOND NALOXONE DOSE

### 3 DO RESCUE BREATHING AND/OR CHEST COMPRESSIONS

FOLLOW 911 DISPATCHER INSTRUCTIONS

LET 911 DISPATCHER KNOW HOW MUCH  
NALOXONE YOU HAVE GIVEN THEM

## STAY WITH PERSON UNTIL HELP ARRIVES.

Illinois has a Good Samaritan Law with certain protections for those calling 911. Learn more at [overcomeopioids.org/respond](http://overcomeopioids.org/respond)



## How To Give Naloxone:

There are 3 common naloxone products.  
Follow the instructions for the type you have.

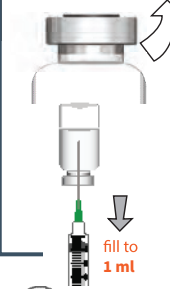
### Nasal Spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

If no reaction in 3 minutes, give second dose.

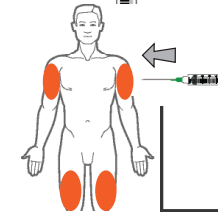


### Injectable Naloxone



This requires assembly.  
Follow the instructions below.

- 1 Remove cap from naloxone vial and uncover the needle.
- 2 Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.
- 3 Inject 1 ml of naloxone into an upper arm or thigh muscle.
- 4 If no reaction in 3 minutes, give second dose.



## How To Get More Naloxone:

Find a nearby Chicago Recovery Alliance (CRA) location where you can be trained and get an injectable naloxone kit for free! For a list of locations and times visit [www.anypositivechange.org](http://www.anypositivechange.org)

Ask your local pharmacist for naloxone (pharmacists who have completed training can dispense naloxone without a prescription). Depending on your insurance, there may be a cost.

Ask your healthcare provider for a prescription for naloxone that you can fill in a pharmacy.

### Auto-Injector

The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.

