

SOMEWHERE IN SAN FRANCISCO...



SAFER USING TIPS TO...

PREVENT OVERDOSE

- Get high with friends and keep an eye on each other
- This can be difficult to do in COVID times, but one thing you can do is wear a mask and keep a 6 ft distance from each other
- Have someone nearby to help in case you OD
- Make sure everyone has Narcan and you know where it is. Have it ready to go!
- When smoking fentanyl, smoke a small amount first. You can always do more but you can't do less

You are more at risk if:

- You use opiates regularly, take a break, then start using again (like when you get out of jail or drug treatment)
- You mix different drugs, like opiates with benzodiazepines (Xanax, Valium) and/or alcohol
- You mix different types of opiates, like fentanyl and heroin



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117 Sixth Street | San Francisco, CA

HOW TO PREVENT & RESPOND TO OVERDOSE



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SIGNS OF OPIATE OVERDOSE...

WHAT TO LOOK FOR

- The person is unconscious or not responding
- They are not breathing, or their breathing is erratic or very slow or shallow
- Skin turning grayish or ashen (darker-skinned people), or bluish-purple (lighter-skinned people)
- You may hear snoring, choking or gurgling noises
- They might vomit
- Their body may seem either very limp, or stiff and rigid
- Their fingernails and lips may turn blue or dark purple



ASSESS THE SITUATION...

WHAT TO DO

Call their name loudly. Ask, "Are you OK?"

Do a sternum rub. Make a fist and rub your knuckles hard on their chest bone.

Open their airway. Tilt their head back and lift their chin. Sometimes this is all a person may need.

Evaluate. Are they responding? Are they breathing? Try to open their airway by tilting their head back and lifting their chin. No response? Not breathing? Time to administer Narcan.

Administer Narcan. You can use Nasal or IM injection. Remember, it can take two minutes for Narcan to work. If there is no change after two minutes you can give them another dose.

Start rescue breathing. Make sure there is nothing in their mouth and the airway is clear. Tilt head back, tilt chin up, pinch nostrils, and give one breath every five seconds.

It is natural to be worried about getting COVID-19 from rescue breathing. Using a rescue breathing mask can decrease the risk of COVID-19 transmission. If you don't have a breathing mask, you can use a cloth barrier (like your t-shirt).

Want more info? Go to:
SFAF.ORG/OVERDOSE-PREVENTION

HOW TO ADMINISTER NARCAN...

IM Injection

- Draw up the contents of the Narcan vial into a muscle syringe
- Inject into upper arm, thigh or upper-outer butt cheek
- Wait two minutes for it to work

Nasal Administration

- Tilt head back
- Squirt the nasal Narcan into their nostril
- Wait two minutes for it to work



Call 911, if you feel it's safe to do so.

Re-evaluate. Are they responding? Are they breathing? No response? Give another dose of Narcan.

Continue rescue breathing and Narcan. Administer Narcan every two minutes until the person wakes up or EMS arrives.

AFTER THE OVERDOSE...

Stay with them. Narcan lasts for 30-90 minutes. After it wears off, they could fall back into an overdose.

Continue to provide support. Keep them calm and comfortable since they may be freaked out and experiencing withdrawal symptoms.

If they want to get high again, explain that the Narcan in their system won't let them feel the effects of their drugs for about 45 minutes. Using too soon can put them at risk for slipping back into an overdose when the Narcan wears off.