


### 3. Stay with the person.

Stay with the person until emergency medical help arrives. If the person remains unconscious and you know rescue breathing or CPR, use those techniques. If you are not doing rescue breathing or CPR, roll person on their side so they don't choke. If breathing returns to normal, encourage the person who has overdosed to go with the ambulance even if they are feeling better.

### Naloxone is available at:

**Your local pharmacy.** There are thousands of pharmacies where you can get naloxone without bringing in a prescription. Depending on your insurance, there may be a deductible or co-payment for this medication. However, New York's Naloxone Copayment Program (N-CAP) will cover co-payments of up to \$40 dollars. Find a N-CAP pharmacy here:


 [www.health.ny.gov/diseases/aids/general/opioid\\_overdose\\_prevention/directories.htm](http://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/directories.htm)



**Opioid Overdose Prevention Programs** which provide overdose trainings and free naloxone here:

 [providerdirectory.aidsinstituteny.org](http://providerdirectory.aidsinstituteny.org)

**Among the Opioid Overdose Prevention Programs** are the New York State's syringe exchange programs which provide overdose trainings and free naloxone available here:

 [www.health.ny.gov/diseases/aids/consumers/prevention/needles\\_syringes/docs/sep\\_hours\\_sites.pdf](http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/docs/sep_hours_sites.pdf)

**A national mailing program** for uninsured individuals:

 [www.naloxoneforall.org](http://www.naloxoneforall.org)



Department of Health

New York State  
**nyspQc**  
Perinatal Quality Collaborative



**Do You  
or Someone  
You Know  
Take Opioids?**

**Be Safe.  
Prevent a  
Fatal Overdose.  
Have Naloxone  
Available.**

If you take opioids and you are pregnant, breastfeeding, or have recently given birth, get naloxone! If someone you live with takes opioids, you should have naloxone, too.

Naloxone is a medication that is simple to give—generally just a squirt up the nose—that reverses overdoses from opioids, which include heroin, fentanyl, oxycodone and codeine. When given in time, naloxone reverses these overdoses by restoring breathing. You do not need to be a doctor to give naloxone. Family, friends, and complete strangers with no medical background can safely give this medication.

## Be Safe.

Be safe. Be prepared. Create a plan to prevent opioid overdoses. Follow these easy steps:

### 1. Carry naloxone.

According to the Centers for Disease Control and Prevention (CDC), 80% of overdose deaths occurred inside a home! If you know someone at risk for opioid overdose or someone who uses cocaine and/or methamphetamine, you should make sure that a couple of doses of naloxone are ready to use. Anyone who uses drugs could be at risk. Tell family and friends you trust how to use naloxone and where it is kept.

### 2. Do not use drugs alone. It's a good idea to have another person with you.

Allow someone to be with you when using drugs so they can respond if an overdose occurs. If this is not possible, tell someone you trust to check in with

you by phone, video chat, or text 3-5 minutes after use. You can also talk to an operator on the line while using here: <https://neverusealone.com/> or call (800) 484-3731. If you do not respond to them, they can alert EMS that you may be in trouble.

### 3. Test for fentanyl.

Fentanyl is very common in drugs you get on the street. People taking drugs often don't know whether fentanyl is in their batch. Because of its strength, anyone using fentanyl is at increased risk for an overdose. People can check for fentanyl in their drugs by using fentanyl test strips.

### 4. Slow down.

Your tolerance for drugs decreases and your risk for overdose increases if you have not used drugs for even a few days. If you return to using drugs after not having used, be careful and go slow. What didn't hurt you a few days ago may now kill you.

## Respond to an Overdose.

Take action! If you think someone is overdosing, follow these steps:

### 1. Call 911.

Call 911 and follow the dispatcher's instructions. Don't let fear of arrest keep you from making this call.

**New York's Good Samaritan Law protects those who are overdosing and anyone helping them in an emergency from being charged and prosecuted for possession of drugs.**

### 2. Give naloxone.

Shake the person and yell their name to wake them up. If they don't respond, give them one dose of naloxone up the nose. Put the tip of the nozzle up the person's nose and then push the plunger down. Information on how to use naloxone can be found here: <https://www.nyoverdose.org/Docs/12028.pdf>. If the first dose of naloxone does not bring back breathing in two to three minutes, give a second dose.

## Recognize an Overdose.

These are signs of an opioid overdose:

