

OVERDOSE EDUCATION & NALOXONE DISTRIBUTION

RISK FACTORS FOR OVERDOSE

- Previous Overdose
- Period of abstinence/sobriety (e.g., following rehab or jail)
 - ★ Tolerance decreases in as little as 3-5 days
- A change in strength, amount, supplier of the opioid, or location of use
- Being physically ill/respiratory disease (flu, pneumonia, bronchitis)
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Injecting

SIGNS OF AN OPIOID OVERDOSE

- Unresponsive
- Shallow breathing/no breathing
- Small "pinpoint pupils"
- Cold, clammy skin
- Gurgling/snoring
- Blue or gray lips and nails

OPIOID OVERDOSE RESPONSE

- 1 Check for breathing and clear airways
- 2 Administer 1 dose of Narcan nasal spray
 - **PEEL** back the package to remove the device
 - **PLACE** the tip of the nozzle in either nostril until your fingers touch the bottom of the person's nose
 - **PRESS** the plunger firmly to release the dose into the person's nose
- 3 Call 911 
- 4 Administer rescue breaths (if you must leave the person, turn on side in the recovery position)
- 5 Administer 2nd dose of Narcan in other nostril if no response in 2-3 minutes
- 6 Stay with the person until medical help arrives to ensure safety and prevent repeated use/overdose
- 7 Complete Overdose Field Report
mohopeproject.org/odreport

TIPS FOR PREVENTION

- Share this information with family, friends and loved ones
- If you choose to use: don't use alone, avoid mixing, start small, be extra cautious when sick/in poor respiratory health
- Keep naloxone accessible and out of extreme temperatures

OVERDOSE FIELD REPORT

If you experience, witness, or are informed of an overdose event, please complete the MO-HOPE field report as soon as you are able to do so.

TO START THE SURVEY, YOU MAY USE EITHER OF THE CHOICES BELOW:

Use the Survey Link:

Open your browser and go to this web address:

mohopeproject.org/odreport

SAVE LINK ON YOUR COMPUTER, TABLET OR MOBILE DEVICE FOR FUTURE USE

Instructions to save as icon on mobile device:

- **Apple phone:** Tap the share button on the browser's toolbar (rectangle with an arrow pointing up). Tap the 'Add to Home Screen' icon in the share menu.
- **Android phone:** Tap the menu button and tap 'Add to Home Screen' to create a short cut.

Scan the QR Code:

- If you have a device that has an app capable of
- reading QR codes, you may scan the QR code:



ADDITIONAL INFORMATION & RESOURCES

For questions pertaining to the Overdose Field Report, email: moreproject@mimh.edu or mohopeproject@mimh.edu

To request an overdose education and naloxone distribution training for your agency if you are **not** located in Eastern Missouri, visit:

<http://health.mo.gov/safety/ems/more/index.php>

To request an overdose education and naloxone distribution training for your agency if you **are** located in Eastern Missouri, visit: mohopeproject.org

To learn about the Missouri's Opioid State Targeted Response, visit: MissouriOpioidSTR.org



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