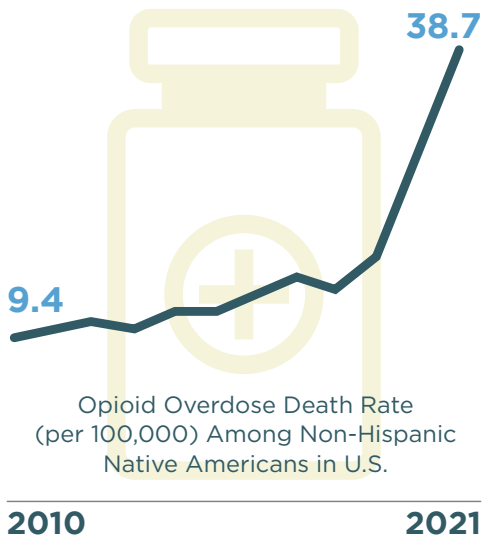


# THE OPIOID CRISIS

## Overdose Reversal with Naloxone



### Opioid Overdose 101

Illegal opioids like fentanyl and prescription opioids such as hydrocodone are powerful drugs that have a risk of a fatal overdose. From 2010 to 2021 the opioid overdose death rate among Native Americans has increased substantially.

### What is naloxone?

Naloxone (Brand Name: Narcan) is a drug that can help a person who is overdosing from opioids by reversing its effects. Naloxone can save a person's life if given in time during an opioid overdose. Naloxone is available as a nasal spray and an injection.

## Signs of an Opioid Overdose

During an overdose, breathing can be dangerously slowed or stopped, causing brain damage or death. It's important to know the signs and act fast! Signs of an opioid overdose are:



small, constricted  
pinpoint pupils



falling asleep or loss  
of consciousness



slow, shallow  
breathing



choking or  
gurgling sounds



pale, blue  
or cold skin



limp body

**CALL 911 IMMEDIATELY if you see these overdose signs**

# What To Do If You Think Someone Is Overdosing

It may be hard to tell if a person is high or experiencing an overdose. If you aren't sure, it's best to treat it like an overdose— you could save a life!

1

CALL 911 IMMEDIATELY\*

2

GIVE NALOXONE, IF AVAILABLE

3

TRY TO KEEP THE PERSON AWAKE AND BREATHING

4

LAY THE PERSON ON THEIR SIDE SO THEY DON'T CHOKE

5

STAY WITH THE PERSON UNTIL EMERGENCY WORKERS ARRIVE

## How to give Naloxone Nasal Spray

If you suspect an opioid overdose:

1 CALL 911



2 LAY PERSON ON BACK  
Support neck and tilt head back



3 GIVE NALOXONE

PEEL the package open and hold the device. Do not press until ready to give naloxone.



PLACE the tip in the nostril

PRESS firmly



Naloxone is for the nose. It works, even if the person is not breathing.

4 PUT PERSON IN RECOVERY POSITION

Hand supports head  
Knee stops body from rolling onto stomach



5 MONITOR

Give a second dose in **5 minutes** if they don't wake up or aren't breathing properly.

Use a new spray every time.



\*Most states have laws that may protect a person who is overdosing or the person who called for help from legal trouble.

# How Can I Prevent an Overdose?

Carry naloxone and keep some at home.

Test your drugs for fentanyl.

**Avoid mixing drugs.** Mixing opioids with other drugs like methamphetamine, cocaine, alcohol, or benzodiazepines can be dangerous.

**Never use drugs alone.** Use with a partner and take turns in case one of you needs naloxone. If you must use alone, have someone check on you.

**Go slow.** Start with a small amount to test the strength.



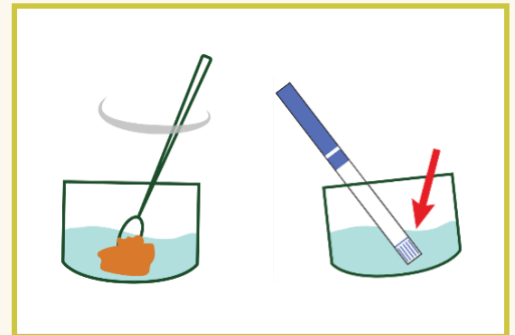
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## What are Fentanyl Test Strips?

Fentanyl test strips are small strips of paper that can tell you if your drugs contain fentanyl. Fentanyl is a powerful opioid that is often found in other drugs without the user's knowledge. Knowing if your drugs contain fentanyl can lower your chances of overdosing. You can use test strips on different kinds of drugs (cocaine, methamphetamine, heroin, etc.) and different forms (pills, powder, and injectables).

### How to Use Test Strips

- **Step 1:** Put 10 mg of your drugs (enough to cover Abe Lincoln's hair on a penny) in a clean, dry container. If using a pill, crush into a powder first.
- **Step 2:** Add water to the container and mix. For meth, MDMA (molly), or ecstasy, use 1 teaspoon of water. For all other drugs, use 1/2 teaspoon.
- **Step 3:** Place the wavy end of the test strip in the water. Let it absorb for 15 seconds.
- **Step 4:** Take the strip out of the water. Place it on a flat surface for 2-5 minutes.
- **Step 5:** Read the results.



**Positive for fentanyl (first red line)**  
Fentanyl has been detected in your drugs



**Negative for fentanyl (both red lines)**  
Fentanyl has NOT been detected in your drugs



**Invalid test (no lines or second red line)**  
Retest your drugs using a new strip

## Where can I get Naloxone and Fentanyl Test Strips?

Naloxone is available at pharmacies, on store shelves, and online. You can buy test strips at [DanceSafe.com](https://DanceSafe.com) or [BunkPolice.com](https://BunkPolice.com). You can order free naloxone & test strips from the Albuquerque Area Indian Health Board by scanning the QR code.



### More Tips about Naloxone:

**NALOXONE IS SAFE.** If you think, but are not sure, someone is having an opioid overdose, you can give them naloxone. You can give it to pregnant women but try to give only one dose.

**KEEP FRIENDS & FAMILY INFORMED.** Naloxone works best if it is used as soon as you see someone overdosing from opioids. Make sure all family members know where naloxone is kept and how to use it.

**DOES NOT NEED TO BE INHALED.** NARCAN nasal spray does not need to actually be inhaled. Just spray the dose into the nostrils.

**NALOXONE EXPIRES.** Remember to check the product's expiration date. Replace outdated naloxone as soon as possible.

**KEEP MONITORING.** One dose of NARCAN will wear off in 20-90 minutes so stay with the person until EMTs get there. Watch the person for at least two hours after you give them NARCAN to make sure they are still breathing.

**MAY NEED MULTIPLE DOSES.** Sometimes a person will need more than one dose of NARCAN.

**DOES NOT INCREASE OPIOID ABUSE.** Increased naloxone access has shown no increase in opioid misuse or overdose.

**STORE AT ROOM TEMPERATURE.** Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from light.

**GOOD SAMARITAN LAWS.** Most states and some tribes passed Good Samaritan Laws so that a person who calls 911 for someone else overdosing will not be arrested for having drugs or drug paraphernalia or for violating probation or parole.

### For more information about Naloxone visit:



SUBSTANCE ABUSE AND MENTAL  
HEALTH SERVICES ADMINISTRATION  
[HTTPS://FINDTREATMENT.GOV/](https://findtreatment.gov/)  
NATIONAL HELPLINE:  
1-800-662-HELP (4257)



U.S. CENTERS FOR DISEASE CONTROL AND  
PREVENTATION  
[HTTPS://WWW.CDC.GOV/STOGETHER/NALOXONE](https://www.cdc.gov/stogether/naloxone)



**ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER**  
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