BE AWARE, LOOK AHEAD, AND SAVE A LIFE



Learn how to identify an opioid overdose

Learn how to use NARCAN (NALOXONE)

Learn how your words matter

The information, including but not limited to, text, graphics, and images contained on this booklet are for informational purposes only. Always seek advice with a health care professional for treatment and recovery.

THE OPIOID EPIDEMIC BY THE NUMBERS

In 2020, more than

60,000 PEOPLE

died from an opioid

overdose in the U.S.

In 2020 ...



80%

of these overdose deaths occurred inside a home.



40%

of these overdose deaths occurred during which someone else was present.

DEFINITION OF OPIOIDS

Opioids are a class of medication that block pain receptors in the body and can make some individuals feel relaxed and euphoric.

Taken in abundance, opioids can depress the respiratory system and can cause a person to stop breathing.

Within

1 MONTH

of daily use

opioids change the ability of the brain to function normally.

OPIOIDS INCLUDE BOTH PRESCRIPTION AND ILLICIT DRUGS OBTAINED ON THE STREETS LIKE HEROIN.

Brand Names for Prescription Opioids

Astramorph
Avinza
Butrans
Codeine
Dilaudid
Dolophine
Duragesic
Duramorph
Demerol
Embeda
Exalgo
Tylenol with
Codeine #3

Kadian
MS Contin
Norco
Nucynta ER
Opana ER
OxyContin
Palladone
Percpcet
Roxanol
Ultram
Vicodin
Tylenol with
Codeine # 4

Generic Names for Prescription Opioids

Buprenorphine
Fentanyl
Hydrocodone
Hydromorphone
Methadone
Hydrochloride

Morphine
Oxycodone
Oxymorphone
Hydrochloride
Tapentadol
Tramadol

FENTANYL OVERDOSE ALERT

FENTANYL IS

50 TIMESstronger than heroin and100 TIMES

stronger than morphine

Fentanyl is a fast-acting, extremely potent opioid that is available by prescription, and it is used to treat severe pain, specifically after surgery and for advanced-stage cancer. It is also available through illegal drug markets.

It is often added to other drugs because of its extreme potency, which makes drugs more addictive and more dangerous.

AN OVERDOSE CAN HAPPEN WHEN:

- Combining opioids with alcohol and/or other medications/drugs (e.g., Valium, Xanax).
- Taking opioids more than recommended when other medical conditions exist (e.g., HIV, liver disease, lung disease, or depression).
- Taking more opioids than the body can tolerate.
- Anyone taking opioids in higher doses (≥20 mg per day) may be at risk for a possible overdose.

BE PREPARED AND CARRY NARCAN (NALOXONE)

Narcan-nasal spray is a medication that is used to reverse an opioid overdose in children and adults. It is a prescription medication that has no side effects other than its intended effect of causing an opioid withdrawal.

Narcan only works on opioids; this medication will have no mitigating effect on other substances that are present.

Prescription medications can be lethal even though prescribed by a medical doctor. An individual for whom they are prescribed may take them in excess resulting in an overdose or another member of the household may take them with similar results.

Everybody should have Narcan



How you can IDENTIFY an opioid overdose:

Everybody should be aware of the signs of an overdose. Below are the signs to look for ...



Not responsive



Slow heartbeat or low blood pressure



Irregular or no breathing





Blue, purple, or grey skin, lips, and fingernails



Pinpoint pupils (the black circle in the center of the colored part of the eye is very small)

How you can RESPOND to an opioid overdose:

CHECK if the person is responsive. Ask them if s/he is okay and shout their name.



SHAKE shoulders and firmly rub the middle of their chest. If no reaction, go to the next step.

3

The order of steps 3 and 4 may vary depending on the situation.

CALL 911 and follow operator instructions.

4

LAY the person on their back to properly **ADMINISTER** Narcan and provide rescue breathing if you feel safe to do so.

DO NOT open or test the Narcan until you are ready to use it.

REMOVE the Narcan from the box.

HOLD the Narcan spray with your thumb on the bottom of the plunger and 2 fingers on either side of the nozzle.



INSERT the spray into either nostril and hold the back of the person's neck to provide support.



PRESS the red plunger firmly to give the Narcan dose. Remove the Narcan spray out of nostril right away.



PLACE the person on their side; their hands should support their head and one of their knees should prevent the person from rolling onto their stomach.





WATCH the person and **DO NOT** leave.

If the person is not responding, give a new dose every 2 to 3 minutes in the other nostril (following step 4) until the person breathes normally or the emergency team arrives.

If you don't have an extra Narcan, tilt their neck again, plug their nose, and provide rescue breathing.





IF YOU HAVE ADDITIONAL QUESTIONS ABOUT NARCAN ...

Scan this QR code





Call 1-844-4 Narcan (62-7226)





Visit www.narcannasalspray.com



Talk to your doctor or pharmacist

THOUSANDS OF LIVES HAVE
BEEN SAVED BECAUSE SOMEONE
CARRIED AND ADMINISTERED
NARCAN





THE GOOD SAMARITAN ACT...

as a part of the Arizona Opioid Epidemic Act, the Good Samaritan Act was sanctioned to encourage people to aid victims of overdose and call 911 without fear of persecution.

Someone is classified as a "Good Samaritan," if they are requesting medical attention for someone who is experiencing an overdose and drugs are found on the scene when medical assistance arrives. The act also applies to the person experiencing an overdose. Be advised that this law has its limitations. Seek legal advice for further guidance. It is legal to carry Narcan in Arizona.



People with OUD are

10.2 TIMES MORE LIKELY

to get
COVID-19
than those
without
OUD

THE INTERSECTION

Between COVID-19 and Opioid Use Disorder (OUD)

COVID-19

may affect your immune system, your lungs, and other organs in your body.



DRUG USE
ALONE
may affect your
your lungs and
your brain.

THE COMBINATION
OF BOTH PUT
PEOPLE WITH OUD
AT HIGHER RISK
FOR ILLNESS AND
DEATH FROM
COVID-19.

HEALTH INEQUITIES

Health equity
means that
ALL people
have full, equal,
and fair access
to services and
opportunities to
have a healthy
life.

Health
inequities are
unfair and
avoidable
differences in
health access,
services, and
opportunities.
They are the
result of social,
economic, and
environmental
conditions

The COVID-19 pandemic presented unique barriers for people with OUD, seeking treatment, and in recovery, primarily in rural areas.



Limited access to health care and telehealth



Limited access to treatment and preventive programs



Transportation issues



Lack of support network



Stigma around OUD

These challenges and more, have affected those with OUD in terms of mental health leading to



suicidal and overdose attempts.

TAKE ACTION STAY SAFE PROTECT OTHERS

Encourage your loved ones to use treatment and recovery services for OUD



Connect to mental health and social services



Use treatment



Drink plenty of water



Use telemedicine



Virtual group sessions



Stigma reduction

Practice COVID-19 mitigation measures



Get the vaccine and the booster (check with your local health department for updates)



Get tested



Follow physical distance



Mask up



Practice physical isolation

OUR WORDS ...

MATTER, CAN HURT, AND CREATE FEAR

- Using person-first, amiable, and comprehensive language is a necessary tool for all environments.
- Stigmatized language creates barriers, such as fear of judgement, which will stop people with OUD from seeking help.

Avoid this	Use this
Addict Drug user Substance user	A person with substance use disorder / opioid use disorder
Clean	Negative (test) Not currently using opioids/substances Sterile (needle)
Dirty	Positive (test) A person who is currently using substances Not sterile (needle)
Relapse / slip	Return to use
Battling addiction	Living with opioid use disorder / substance use disorder
Former drug addict	A person in recovery

UNDERSTAND THAT ADDICTION IS A DISEASE; SUPPORTING PEOPLE IN RECOVERY IS CRUCIAL



Listen, but withhold judgement



Treat everyone with dignity and respect



Avoid hurtful or dehumanizing labels



Addiction is not a failing, it is a condition which needs treatment

Refer to the following for more information

Arizona Opioid Assistance and Referral (OAR)

1-888-688-4222

www.oarline.com

Help with opioid questions, resources, and referrals.

Sonoran Prevention Works

480-442-7086

www.spwaz.org

Mental and behavioral services and support for people with opioid and substance use disorder.

Be Connected

866-4AZ-VETS (429-8387)

www.BeConnectedAZ.org

Connect Arizona service members, veterans, families, and helpers to information, support, and resources.

Arizona 211 Crisis Response Network

Dial 2-1-1

www.211Arizona.org

2-1-1 will help individuals and families find resources that are available to them locally and throughout the state. They provide connections to critical services that include addiction prevention, as well as others.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org/

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for them or their loved ones, and best practices for professionals in the United States.

Mental Health and Substance Use Disorder Treatment

1-800-662-HELP (4357)

www.findtreatment.gov/

Locate treatment in your area.

Online Addictionary to Destigmatized Language

www.recoveryanswers.org/addiction-ary/ Learn how to use destignatizing language when referring to opioid/substance use disorder.

This guidance has been adapted from the following references (January 2022):

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Images of Narcan administration are retrieved from Emergent BioSolutions Inc. Narcan (2022). Narcan Nasal Spray 4mg (naloxone HCl) on February 14, 2022 from https://www.narcan.com/wp-content/uploads/2021/10/Gen2-Instructions-For-Use.pdf

This work is funded in part by the Arizona Department of Health Services (Contract No: CTR056154), with funding from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC) through the COVID-19 Health Disparities Grant. The views expressed are the sole responsibility of AHEAD and do not necessarily reflect the views of the Arizona Department of Health Services or the United States Government.

