BE AWARE, LOOK AHEAD, AND SAVE A LIFE

AN OPIOID EPIDEMIC WITHIN A PANDEMIC

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.
In 2020, more than 60,000 people died from an opioid overdose in the U.S.

- 80% of these overdose deaths occurred inside a home.
- 40% of these overdose deaths occurred during which someone else was present.
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.
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

AT HOME

AT WORK

IN YOUR PURSE
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
- Irregular or no breathing
- Slow heartbeat or low blood pressure
- Pinpoint pupils (the black circle in the center of the colored part of the eye is very small)
- Blue, purple, or grey skin, lips, and fingernails

How you can RESPOND to an opioid overdose:

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

2. **SHAKE** shoulders and firmly rub the middle of their chest. If no reaction, go to the next step.
The order of steps 3 and 4 may vary depending on the situation.

**3 CALL** 911 and follow operator instructions.

**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.
5

**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.

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**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**

CARRY NARCAN AND SAVE A LIFE
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.

COVID-19 may affect your immune system, your lungs, and other organs in your body.

Drug use alone may affect your lungs and your brain.

The combination of both put people with OUD at higher risk for illness and death from COVID-19.
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.
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.

<table>
<thead>
<tr>
<th>Avoid this</th>
<th>Use this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addict</td>
<td>A person with substance use disorder / opioid use disorder</td>
</tr>
<tr>
<td>Drug user</td>
<td></td>
</tr>
<tr>
<td>Substance user</td>
<td></td>
</tr>
<tr>
<td>Clean</td>
<td>Negative (test)</td>
</tr>
<tr>
<td></td>
<td>Not currently using opioids/substances</td>
</tr>
<tr>
<td></td>
<td>Sterile (needle)</td>
</tr>
<tr>
<td>Dirty</td>
<td>Positive (test)</td>
</tr>
<tr>
<td></td>
<td>A person who is currently using substances</td>
</tr>
<tr>
<td></td>
<td>Not sterile (needle)</td>
</tr>
<tr>
<td>Relapse / slip</td>
<td>Return to use</td>
</tr>
<tr>
<td>Battling addiction</td>
<td>Living with opioid use disorder / substance use disorder</td>
</tr>
<tr>
<td>Former drug addict</td>
<td>A person in recovery</td>
</tr>
</tbody>
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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 destigmatizing language when referring to opioid/substance use disorder.
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This guidance has been adapted from the following references (January 2022):


