

Overdose Resources for the Community...

How to Recognize an Overdose

Risk Factors for an Opioid Overdose:

- Period of not using drugs (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 where you use
- Being sick or respiratory disease (flu, pneumonia, bronchitis, COVID)
- Mixing opioids with other drugs (benzos, sedatives, alcohol)
- Using alone
- Injecting

Signs of Overdose:

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



How to Respond to an Overdose

Steps to Overdose Response:

1. Check for breathing and clear the person's airway
2. Give 1 dose of Narcan® (also called naloxone) 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 nose
 - **Press** the plunger firmly to release the dose into the person's nose
3. Call 911
4. Give rescue breaths (if you must leave the person, turn on side in the recovery position)
5. Give 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 or overdose
7. Complete the Anonymous Overdose Field Report
 - [Mohopeproject.org/odreport](https://mohopeproject.org/odreport)
 - You can also access the report by scanning the QR code to the right →



If you witness an overdose, don't run – Call 911

What is the Good Samaritan Law?

- Missouri's "Good Samaritan" law protects people who call 911 from arrest & prosecution for possession of drugs or paraphernalia (the equipment needed to use drugs).
- Missouri's 911 Good Samaritan Law (RSMO 195.205): Under this law, the person who actively seeks emergency medical help in the instance of an overdose (or other medical emergency) and the person experiencing the medical emergency will be protected from minor drug and alcohol violations.
- This law provides immunity from: Possession of a controlled substance (RSMO 579.015). Possession of drug paraphernalia (RSMO 579.074). Possession of an imitation controlled substance (RSMO 579.078). Keeping or maintaining a public nuisance (RSMO 579.105). Sale of alcohol to a minor (RSMO 311.310). Possession of an altered ID (RSMO 311.320). Purchase or possession of alcohol by a minor (RSMO 311.325). Violation of a restraining order. Violation of probation or parole. This limited immunity does not offer protection from any other crimes (e.g., distribution of a controlled substance, manufacturing of drugs, active warrants).

How to Get Naloxone or Treatment Services

Where can I get Naloxone?

- You can buy naloxone (Narcan®) with or without a prescription at most pharmacies
- Some places have a free naloxone supply to give to community members.

Learn more at NoM0deaths.org/where-to-get-naloxone

Treatment

- Need help now? The Missouri Department of Mental Health can help. Find services at dmh.mo.gov/ada/help.html
- Uninsured? Find out about free treatment options at NoM0deaths.org/treatment
- *You can also reach out to the SAMHSA Helpline (24/7) at 800-662-HELP (4357)*
- *You can also reach out to the United Way - Dial 2-1-1*
- There are medicines that can help control opioid cravings. Ask your doctor if methadone, buprenorphine, or naltrexone might be right for you.

How to Use Drugs Safely

There are steps you can take to help protect yourself from infection and overdose.

Drug use is never completely safe; however, these tips can lower your risk of overdosing or getting an infection. Avoiding drug use is still the best way to protect yourself.



Don't use alone. If you do, use where someone is likely to find you if you overdose.



Keep naloxone (Narcan®) with you. It can reverse overdoses from heroin, fentanyl, and other opioids.



Protect yourself from hepatitis and HIV. Don't share or reuse needles or any other items, including cotton, cookers, ties, or water.



Take turns using. When with others, use about 30 minutes apart so someone is alert enough to give naloxone or call 911.



Clean needles with bleach. It's not safe to reuse syringes, but if you do, flush the syringe with cold, clean water, disinfect it with bleach for 2 minutes, then flush it again with cold, clean water.



Go slow. Your tolerance can go down after not using for a few days. You never know how strong a new batch is.



Clean your injection site. Use warm, soapy water or an alcohol swab before using to reduce infections of the skin, blood, and other organs.



Call 911 if someone is overdosing. Missouri's 911 Good Samaritan law protects you and the person overdosing from arrest for possession of drugs and paraphernalia.



Start with a tester shot. Your supply might be mixed with other drugs you don't know about. It could contain fentanyl, which can be deadly.



Dispose safely. Protect others by putting used items in a strong container with a secure top (like a laundry detergent bottle). Tape it closed and label it: "Sharps, Do Not Recycle"