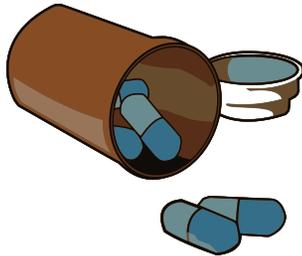


## What are opioids?

Opioids include **heroin** and **prescription pain medications** such as:

- Hydrocodone (Vicodin)
- Oxycodone (OxyContin)
- Hydromorphone (Dilaudid)
- Morphine (MS Contin)
- Methadone
- Percocet
- Fentanyl



## What is an overdose?

An overdose happens when someone takes more opioids than their body can handle. If someone overdoses, they can **pass out, stop breathing, and die.**

- It can take anywhere from a few minutes to a few hours for the overdose to occur
- **Anyone using opioids can overdose**

## How can you get naloxone?

Naloxone, or Narcan®, is a prescription medication that reverses the effects of opioids temporarily and can help a person start breathing again. It can be given via injection into a muscle or as an intranasal spray. It is safe and easy to use.

**You can get a prescription for naloxone if you think you may**

- Overdose on opioids
- Be able to help someone else who has overdosed

**Call Finger Lakes Addictions Counseling & Referral Agency (FLACRA) in Watkins Glen for more information**

607-535-8260

## Addiction Treatment

**Finger Lakes Addictions Counseling & Referral Agency (FLACRA)**

<http://www.flacra.org/>

607-535-8260

**Suboxone/buprenorphine providers**

<http://www.suboxone.com/>

**Find treatment services in the US**

<https://findtreatment.samhsa.gov/>

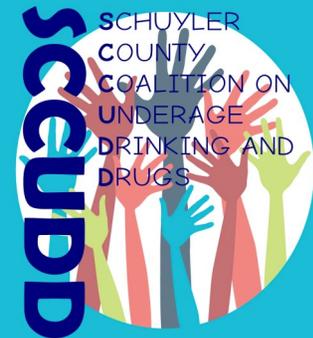


**Public Health**  
Prevent. Promote. Protect.

Schuyler County, NY

# Opioids and Overdose

**What they are and how to help save lives**



**WE'RE ALL IN THIS TOGETHER!**

The mission of SCCUDD is to prevent, reduce and delay the onset of substance use among Schuyler County youth by collaborating with community partners, promoting prevention education and substance-free activities and implementing environmental strategies. SCCUDD's vision is a connected community where youth have education, resources, and drug-free options to help their journey to become happy, healthy adults.

For more information, or to become involved with SCCUDD, visit SCCUDD online at

[www.schuylercounty.us/sc cudd](http://www.schuylercounty.us/sc cudd)

<https://www.facebook.com/sc cudd/>

<https://twitter.com/sc cudd>

## What factors put someone at risk of overdose?

- Taking prescription pain medications at **higher doses** and **more often than prescribed**
- Taking **someone else's** pain medication
- **Taking long-acting or powerful opioids** like methadone and fentanyl
- **Any heroin use** because of the wide range of purity levels
- **Using opioids again after a break** due to lower tolerance
- **Mixing opioids with alcohol and other sedatives** such as Valium, Xanax, Klonopin, and sleep aids. Mixed together, breathing can be slowed even more.
- **Heart or lung disease**
- **Long term use** of 5-10 years
- **If they have overdosed before**

## What can you do to help prevent overdose?

1. Dispose of your unwanted prescription medications using the 24/7, anonymous lock box at the Schuyler County Sheriff's Office in Watkins Glen
2. Call the Schuyler County Sheriff's Office confidential Tip Line if you suspect illegal activity. Prevent Crime—Call the Tip Line 607-535-8224

Learn more about Heroin and Prescription Drugs at  
<http://combatheroin.ny.gov/>

## Steps to take if you think someone has overdosed

### 1 Ask yourself: could this be an opioid overdose?

- Is the person **unconscious**? Can you wake them up?
  - Try shaking them and calling their name
  - Firmly rub your knuckles over their chest bone
- Are they **breathing slowly** or not at all?
- Is their **skin cool and clammy**?
- Are their **lips or nails turning blue**?
- Are there **pill bottles, needles, spoons, powder residue, or alcohol** nearby?

### 2 Call 911 right away!

Let them know where you are and if the person isn't breathing

**Don't worry about getting them or yourself in trouble by calling 911!**

New York State's "911 Good Samaritan" law protects you and them from being charged or prosecuted for drug or alcohol possession, sharing drugs, or possessing drug paraphernalia. It does not protect you or them from outstanding warrants or other crimes.

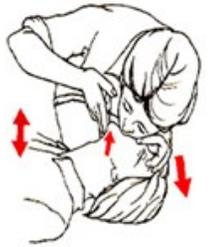


### 3 Give them naloxone Start rescue breathing

**Give them naloxone** if you have it. Follow package or overdose kit instructions. If, after 3-5 minutes, they have not responded, give them a second dose.

**Start rescue breathing** (mouth-to-mouth)

- Tilt their head back, lift their chin, and pinch their nose
- Give 2 quick breaths. Their chest should rise.
- Continue giving 1 breath every 5 seconds until they start breathing or medical help arrives.



**If you don't have naloxone, skip straight to rescue breathing—Oxygen is very important!**

### 4 Stay with them until medical help arrives

- Stay with them even if they wake up and start breathing.
- After 30-90 minutes, naloxone wears off. When it does, the person may stop breathing again.
- If you absolutely have to leave, put the person in the recovery position (on their side) in a location where they can be easily found.

