

## **OVERDOSE IS MOST COMMON:**

- When tolerance has decreased due to a period of not using heroin, methadone or other drugs (jail, detox, hospital).
- When drugs are mixed, especially heroin with other depressants, such as alcohol and benzos (Xanax, Valium Klonopin, Ativan).
- When using alone. No one is around to help.

## **WARNING SIGNS OF OVERDOSE:**

- Can't be awakened by noise or pain.
- Blue or ash lips and fingernails.
- Slow, shallow breathing. (Less than 1 breath every 5 seconds).
- Gaspings or gurgling.
- Vomiting

## **Resource Contacts:**

24 Hour Contacts:

**9-1-1**

### **Suicide Prevention Lifeline**

1-800-273-8255

### **Prestera Center Crisis Hotline**

1-800-642-3434

### **WV 211 Hotline: Dial 2-1-1**

For Crisis Services and Providers

### **Cabell-Huntington Health Dept.**

703 7<sup>th</sup> Ave. Huntington WV  
(304) 523-6483

### **Wayne County Health Dept.**

590 Railroad Ave. Wayne WV  
(304) 272-6762

### **Prestera Center**

3375 US Rt. 60 East Huntington WV  
(304) 399-7776

### **Recovery Point**

2425 9<sup>th</sup> Ave. Huntington WV  
(304) 523-4673

### **Her Place**

1524 10<sup>th</sup> Ave. Huntington WV  
(304) 525-7394

### **Cabell-Huntington Hospital**

1340 Hal Greer Blvd. Huntington WV  
(304) 526-6000

### **St. Mary's Medical Center**

2900 1<sup>st</sup> Ave. Huntington WV  
(304) 526-1234

### **River Park Hospital**

1230 6<sup>th</sup> Ave. Huntington WV  
(304) 526-9111

### **Cabell County Substance Abuse Prevention Partnership (CCSAPP)**

820 Madison Ave. Huntington, WV  
(304) 523-8929

# **DRUG OVERDOSE**

## **Prevention and Care Guide**

## **Save A Life Call 9-1-1**

## When Someone is Overdosing Remember to

### S.C.A.R.E. ME

#### Stimulation

Try to wake up the individual by yelling, shaking, or raking their breastbone with your knuckles. (Do not throw water on the patient)

#### Call 911

If the person does not respond call 911.

Give Address/Location

Say, "The person is unconscious and is not breathing."

If you leave the person put them in the **recovery position**. →

#### Airway

Make sure nothing is blocking their airway, watch their chest, and put your cheek over their face to listen for breathing.

#### Rescue Breathing

If the person isn't breathing at least 1 breath every 6-8 seconds, tilt their head back, pinch their nose, and give one slow breath every 5 seconds until the paramedics arrive. Watch to see their chest rise and fall during the breath.

#### Evaluate

Are they breathing on their own?

#### Recovery Position

If you must leave, put the person on their side with their hands under their head. This will prevent choking.



Illustration of Recovery Position

#### WV Good Samaritan Law

*The law gives immunity to people who overdose, provided they later complete a substance abuse treatment program.*

## DRUG TOLERANCE

**Tolerance is your body's ability to process a certain amount of a drug.** Low tolerance means that your body can only process a small amount of a drug (it takes less drugs to feel the effects) and increased tolerance means your body has learned how to process increased amounts of the drug (it takes more drugs to feel effects).

**Most importantly, tolerance can decrease rapidly when someone has taken a break from using a drug— for example, while in drug treatment or detox – or unintentionally – for example, while in jail or the hospital.**

#### Overdose Prevention Tips:

Use less when you are sick or you haven't used—even a few days of abstinence or decreased use can lower your tolerance.

If you are using after a period of abstinence, be careful and go slow.

Do a tester shot, or go slow.

Use a different method, i.e. snort.