

What do I do if someone is having an overdose?

If you think someone is having a prescription opioid or heroin overdose, it's very important to act fast.

HELP
CALL 911

Always call 911 first.

Give the address or clearly describe your location. Say if the person is not breathing.

Know the signs of an overdose:

A person having a prescription opioid or heroin overdose may:

- Not respond to their name
- Breathe slowly (less than 1 breath in 5 seconds)
- Have blue lips or fingertips
- Look very pale
- Go limp
- Make choking, gurgling, gasping, or snoring noises
- Vomit (throw up)

An overdose usually happens 1 to 3 hours after using drugs.

Try to wake the person up.

Yell their name, pinch them, or rub the middle of their chest hard.

If they're not breathing, start rescue breathing.

1. Make sure there's nothing in the person's mouth
2. Tilt their head back, lift the chin, and pinch the nose shut
3. Give 1 slow breath into the person's mouth every 5 seconds
4. Continue until they start breathing

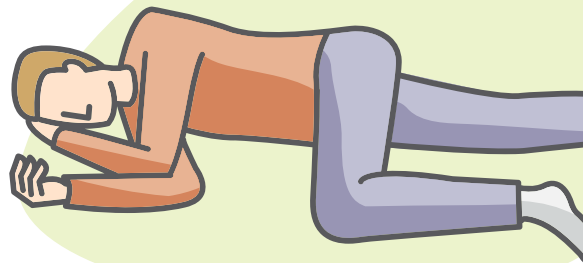


Give naloxone (Narcan) if you have it.

Not sure how to give naloxone or where to get it? Check out the other side of this fact sheet.

Put the person in recovery position.

Put the person on their side. This will help keep them from choking if they throw up.



You won't be punished for trying to help.

The Good Samaritan Law protects people trying to help someone having an overdose. That means you can't get in trouble with the law for calling 911 — even if you've been using drugs yourself.

Stay until help arrives.

If for some reason you can't stay with the person, leave the door open so the emergency responders can find them easily.

To give nasal naloxone (Narcan):

PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

PRESS



Press the plunger firmly to release the dose into the patient's nose.

Where can I get naloxone?

Narcan (naloxone) is available at most pharmacies through a standing order. This means you do not need a prescription to obtain a Narcan kit, but may need to pay a small co-pay between \$5 and \$15 dollars based on your insurance. Narcan is free with Mass Health. See the list below for a list of pharmacies in Hampden County that carry Narcan:

CVS: 720 Bliss Road in Longmeadow, (413) 567-8961 or 410 Longmeadow St. in Longmeadow, (413) 567-2033

Big Y: 802 Williams St in Longmeadow, (413) 567-0679

Walgreens: 54 Center Square in East Longmeadow, (413) 526-9664

Caring Pharmacy: 377 Belmont Ave in Springfield, (413) 342-4238

Free Naloxone

Tapestry Health: 130 Maple Street in Springfield (lower level), (413) 363-9472, www.tapestryhealth.org

Tapestry Health: 15A Main Street in Holyoke, (413) 315-3732, www.tapestryhealth.org

Center for Human Development: 367 Pine Street in Springfield, (413) 737-1426, www.chd.org

Center for Human Development: 622 State Street in Springfield, (413) 654-1602, www.chd.org

Learn to Cope Meetings: Holyoke meetings are held every Thursday 7 PM, at Providence Behavioral Health Hospital, 1233 Main Street (Rt 5) 1st Floor Auditorium in Holyoke, MA. 508-404-3539, learn2cope.org



The mission of CLOSE Community is to collaboratively initiate, coordinate, and sustain prevention and intervention efforts that reduce and address youth substance use and the impact of associated disorders within the Town of Longmeadow. Join us!

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