

What are opioids?



Opioids are a type of drug that include:

- Prescription painkillers, such as:
 - morphine - Percocet® - codeine
 - OxyContin® - Vicodin® - hydrocodone
 - Dilaudid® - Demerol - hydromorphone
- Fentanyl (legal or illegal) and heroin

What is naloxone?



Naloxone (also known as NARCAN® or Evzio®) is:

a drug used to reverse an opioid overdose. Everyone who uses opioids is at risk for an overdose. If you or someone you know uses opioids, carry naloxone.

- It stops the affects of opioids on the brain and body.
- It has no effect on someone who has not taken opioids.
- It is safe for children, pregnant women and even pets.
- It has no potential for misuse.
- It has minimal or no side effects.
- It wears off in 30-90 minutes.



Storage: Store naloxone away from extreme heat or cold and keep away from direct sunlight.



Expiration Date: Check expiration date on the packaging of naloxone on a regular basis (once per month) and return for a refill if it's expired.



Naloxone is like a seat belt.

You hope you won't need it, but you should have it on hand as a safety precaution *just in case you do.*

Wisconsin Addiction Recovery
Helpline

Wisconsin Addiction Recovery Helpline:
Call 211 or text your ZIP code to 898211
Treatment is available. Recovery is possible.

OPIOID SAFETY AND OVERDOSE PREVENTION GUIDE



dhs.wisconsin.gov/opioids

Risk factors for overdose



Physical Health: Opioids can slow breathing. If you have asthma or other breathing problems, you are at high risk for overdose. Those with liver and/or kidney problems or who are HIV positive are also at increased risk.



Previous Overdose: If you have had a nonfatal overdose in the past, you have an increased risk of a fatal overdose in the future.



Mixing Drugs: Many overdoses occur when opioids are mixed with alcohol, benzodiazepines (sedatives and/or anti-anxiety medicine) or other substances for medical and non-medical reasons.



Tolerance: If you take a break from using opioids, restarting at the same dose may cause an overdose.

How to prevent overdose



Explore ways to manage pain that do not include opioids.



Use only prescription painkillers prescribed to you by a medical professional.



Take opioids around other people who can respond if there is a medical emergency.



Consider using a fentanyl test strip before taking or injecting any drugs.



Dispose of any unused opioids at a drop box located at many pharmacies and police stations.



Store opioids in a secure place to prevent access by people not prescribed the medication, e.g., a locked container such as a lock box.

Recognizing an overdose

An opioid overdose can take hours to occur.

A person who is having an overdose may experience **slow breathing** (less than one breath every five seconds), **shallow breathing**, or **no breathing**.

Other signs and symptoms of an overdose include:

- Nodding out; snoring noises while asleep.
- Vomiting.
- Blue or pale lips, skin or fingernails.
- No response when you rub your knuckles in the middle of their chest (see right) or shake their shoulders.
- Pale or clammy face.



Talk to your loved ones about a care plan in case of overdose.



Call 911 immediately if you know or suspect someone is experiencing an overdose.

For any sign of overdose, give naloxone.



Note: Fentanyl is a high potency opioid created in multiple forms for medical and non-medical reasons. It is becoming common for fentanyl to be mixed with other illegal drugs. Use caution when taking any illegal drugs.

