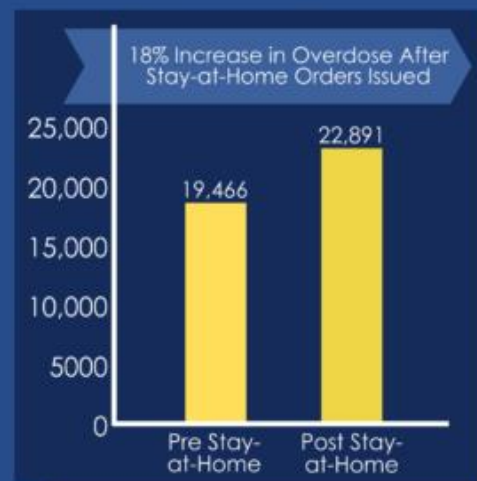
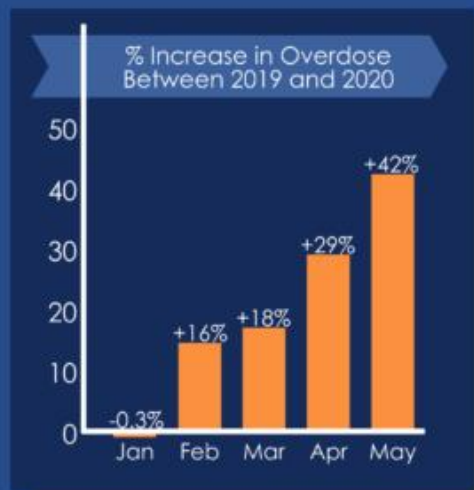


Opioid Overdose

Awareness and prevention during COVID-19

COVID-19 has heightened the risk of overdose in the following ways

- **Isolation:** Many individuals are using opioids alone. If an overdose occurs, there's no one around to help.
- **Usual supply:** Many are unable to obtain their usual supply, and are consequently unaware of the contents and potency.
- **Reduced tolerance:** Due to reduced access to opioids, placing them at higher risk of overdose.



What to do if you suspect an overdose...

- **Call 911 immediately**
- **Administer naloxone (brand name Narcan)**
- **Provide rescue breaths or chest compressions (1 breath / 5 seconds)**
- **If no response after 2-3 minutes, give another dose, continue breaths until paramedics arrive**

For information on identifying overdose, please see this RRI infographic:
recoveryanswers.org/media/how-to-identify-a-drug-overdose

Naloxone is effective for 20-90 minutes. Individuals could go back into overdose when it wears off. Get medical attention as soon as possible.

Naloxone is available at pharmacies without a prescription in all 50 states.

Treatment post-overdose is also vital. Please see this RRI infographic for a list of resources that are accessible from home via computer or phone:
recoveryanswers.org/media/digital-recovery-support-online-and-mobile-resources/