

If overdose happens

ACT FAST



Naloxone, also known as Narcan[®], reverses the effects of an opioid overdose.

Overdose rescue kits with Naloxone are **FREE** at the Multnomah County jail lobby desk!

Resources

Alcohol and Drug Helpline
1-800-923-HELP

Community Resource Info
211

Syringe Exchange Info
English: 503-280-1611
Spanish: 503-988-6333



Post-Release Overdose Prevention

4/2019

Overdose



Prevent Survive



The risk of dying from an overdose is

15x higher

the **first week** out of jail.



Opioid overdose causes breathing to slow down and eventually stop.

Look for these symptoms:

- They stop talking
- They are limp
- They might vomit
- Their lips or finger tips turn blue, gray or ashy
- They nod out and can't be woken up
- They have sweaty or clammy skin
- You hear shallow breathing, choking, gurgling, or rasping noises



Ask for
FREE
Naloxone!

Reduce risks – PREVENT overdose

Overdose can happen to anyone.



Remember to eat, sleep and drink water

When you're hungry, dehydrated, tired or **sick**, your body can't handle drugs the same way.



Be careful if you mix drugs

Especially downers (methadone, heroin, prescription painkillers, benzos, alcohol). **These all slow down breathing.**



Prepare your own drugs

You will know how strong it is and you will be in control.



Avoid using alone

If you OD alone there's no one there to help. Talk to people and create an overdose plan. Being prepared is power.



Always do a test shot

Do less to start so you know how strong it is **especially when you get a new supply.**



Go SLOW

If you've been away from using, even for a day, your tolerance changes.

You can always do more, but you can't do less.