

## DID YOU KNOW?

Overdose deaths rarely occur in isolation.

70% of Overdose deaths occurred when someone else was present.

90% did not call 911, even with laws in place to protect them.

82% of family members knew their loved one had a problem

80% did not know the loved one had a prior emergency department visit due to overdose.

If you or a loved one is showing the signs of overdose, you could save their life by calling 911 or with naloxone.

For more information on how to obtain naloxone, visit:  
[www.ddap.pa.gov](http://www.ddap.pa.gov)

## DAVID'S LAW – ACT 139

- Allows anyone who thinks they can help someone else during an overdose get a prescription for naloxone and use it on another person.
- Provides legal protections for people who intervene in the case of an overdose.
- Through the 'Good Samaritan' provision of Act 139 - David's Law, friends and loved ones are encouraged to summon emergency medical services by calling 911 in the event they witness an overdose. The law is meant to quell the fear of arrest in calling authorities for an overdose event by offering certain criminal and civil protections for those that do.



For more information please visit our website at [www.health.pa.gov](http://www.health.pa.gov)



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# GET TO KNOW THE SIGNS OF OVERDOSE.

# LEARN HOW TO SAVE A LIFE.



# FACTS

## WHO CAN OVERDOSE?

Anyone who takes prescription medications or uses drugs containing opioids can overdose (OD).

Numerous lives are lost in Pennsylvania every day due to prescription pain medication and/or heroin overdose. This affects all socio-economic groups, geographical regions and all ages. Anyone is at risk.

## WHAT ARE OPIOIDS?

Opioids are medications that relieve pain. Examples of opioids are: Vicodin, Codeine, OxyContin, Percocet, Opana, Methadone, and Fentanyl. Heroin is also an opioid.

## WHAT DOES AN OVERDOSE LOOK LIKE?

- Slow and shallow breathing
- Very sleepy and unable to talk, or unconscious
- Skin color is blue or greyish, with dark lips and fingernails
- Snoring and gurgling

## WHAT TO DO?

### DO NOT LEAVE THEM ALONE OR LET THEM SLEEP IT OFF!

- Try to wake them. Lightly tap, shake, and shout at the person.
- If there is still no response, rub knuckles on the breastbone.
- If the person responds, keep them awake.

## IF YOU GET LITTLE OR NO RESPONSE:

- CALL 911
- If their breathing is shallow or non-existent, or if their skin color is blue or greyish, perform mouth to mouth rescue breathing by tilting the head back until mouth opens. Give two quick breaths to start and then a strong breath every 5 seconds.
- If the person no longer has a heartbeat (pulse), continue to perform rescue breathing. Perform CPR by pushing hard on the chest bone at a rate of 100 times per minute.
- Stay with the person.
- If you have access to naloxone, administer it according to the package instructions.

## WHAT IS NALOXONE?

- Naloxone is a medication that can reverse an overdose for someone who has taken too many opioids.
- Naloxone only works on opioids.
- If you are unsure if opioids are involved, still give the person naloxone. It is better to give naloxone when you're unsure than not giving it at all during an actual opioid overdose.
- Side effects from the administration of naloxone are extremely rare, and in most cases, are limited to those common to opiate withdrawal which includes aches, sweating, diarrhea, nausea, and vomiting. Naloxone is not a drug substitute and will not cause any dependency, craving, or intoxication.

- Talk to your family doctor or visit the Department of Drug & Alcohol programs website at [www.ddap.pa.gov](http://www.ddap.pa.gov) to learn how to obtain naloxone.

## HOW TO PREVENT OVERDOSE:

- Know your health status and tolerance.
- Pills come in different strengths. Know what pill you are taking.
- Lock up your medications
- If you have been opioid free for a while and then take drugs or pain medication, you are more than likely to overdose. Take less than you are used to.
- Do not mix opioids with other drugs, alcohol or other medications (Xanax, Ativan, Valium, etc.)
- Don't use alone. Leave doors unlocked and tell a friend to check on you.
- Make sure someone is there to help you if something goes wrong.
- Keep naloxone with you and tell friends and family where it is and how to use it.
- To reduce the danger of unintentional use, overdose and illegal use, dispose of unused/expired medication at your local drug take back box.

**To find drug take back locations visit:**

[www.ddap.pa.gov](http://www.ddap.pa.gov)

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