

# AT RISK OF AN OPIOID OVERDOSE?



[www.SDPDATF.org](http://www.SDPDATF.org)

## San Diego Access & Crisis Line:

**1-888-724-7240**

**TDD / TTY Dial 711**

Free Assistance 7 days a week, 24 hours a day

## 211 San Diego

Dial **2-1-1**

## NAMI SAN DIEGO

Download the App: **oscER San Diego**



## SERVICES AVAILABLE:

-  **Medication Assisted Treatment Programs:**  
Outpatient treatment of opioid addictions using prescription medications.
-  **Residential Drug Treatment:**  
Non-institutional, non-medical living environment that provides treatment and rehabilitation services.
-  **Outpatient Recovery Services:**  
Treatment provided in a non-residential setting; regular meetings from once a week to daily, depending on need.
-  **Substance Use Disorder (SUD) Case Management:**  
Determining appropriate level of care for each individual.
-  **Justice Programs:**  
Court-referred treatment programs.

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# How to Identify an Opioid Overdose



- The person won't wake up even if you shake them or say their name.
- Breathing slows or even stops.
- Lips and fingernails turn blue or grey.
- Skin gets pale, clammy.

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## In Case of Overdose:

### 1. Call 911 and give Naloxone

CA Health & Safety Code section § 11376.5 protects Good Samaritans from prosecution. Don't be afraid to call for help! If there's no reaction in 3 minutes, give a second dose of Naloxone.

### 2. Do rescue breathing or chest compressions

Follow 911 dispatcher instructions.

### 3. After Naloxone:

Stay with the person for at least 3 hours or until help arrives.

### 4. Follow up

Medical care is important!



## What is Naloxone?

A life-saving medication that works to reverse an opioid overdose while having little to no effects on a person if opioids are not present in their system. *Naloxone* blocks opioid receptor sites, reversing the toxic effects of opioid overdose.

## Where to Get Naloxone:

*Naloxone* can be purchased at a pharmacy without a prescription. Learn how to administer *Naloxone* and know where it's kept.

