

Emergency Response



for Opioid Overdose ...using nasal naloxone

1) Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.



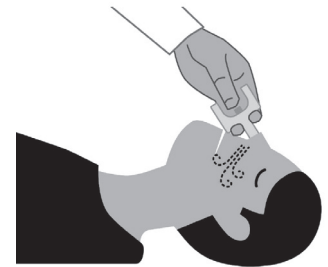
Someone has overdosed.

Someone isn't breathing.



3) Administer nasal naloxone

- Hold sprayer between thumb and two fingers.
- **DO NOT TEST SPRAY!** Spray entire dose into nostril.
- Repeat after 2 to 3 minutes if still not conscious.



2) Call 9-1-1

If you report an overdose, New York State law protects you and the overdosed person from being charged with drug possession, even if drugs were shared.

4) Check for breathing

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.



5) Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

To get help:

New York State Office of Alcoholism and Substance Abuse Services (OASAS)
(877) 8-HOPE-NY, or (877) 846-7369 www.oasas.ny.gov

To get a replacement kit: Directory of programs www.health.ny.gov/overdose

For more information: Harm Reduction Coalition harmreduction.org/overdose



Department of Health



harm reduction
COALITION

Report Naloxone Use and Get Help for Your Substance Use Disorder (Addiction)



Reversing an Overdose

When you use naloxone (Narcan®) to reverse an overdose, please call our nurses to file an anonymous report at: (607) 762-2622. Our nurses will help you get a naloxone (Narcan®) refill. Your reporting supports our programming. See our program's overdose prevention training video at:

nyuhs.org/care-treatment/addiction-medicine/opioid-overdose-prevention-program



Naloxone Refill

If you need a naloxone (Narcan®) refill, you can come to: **10 Mitchell Avenue, 2nd Floor, Binghamton, NY** Monday through Friday 9am – 11am or Monday, Tuesday, Thursday and Friday 1pm – 3pm, or you can call (607) 762-2622. No appointment is necessary.

Getting Naloxone (Narcan®) at Your Local Pharmacy

Please visit the New York State Department of Health's website for a statewide directory (*arranged by county*) of pharmacies that have naloxone (Narcan®) available without a prescription:

www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/directories.htm

or scan this QR code
with your phone:



If you have a health insurance plan with prescription drug coverage, you can get naloxone (Narcan®) from a pharmacy using your health insurance. You can use the Naloxone Co-payment Assistance Program (N-CAP) at participating pharmacies to reduce your co-payment for naloxone (Narcan®) by up to \$40.

How Can I Get Help for My Substance Use Disorder (Addiction)?

We are pleased to offer open access for substance use disorder assessments and linkage to our treatment programs. Please call (607) 762-3288 between the hours of 9am – 11am Monday through Friday and 1pm – 3pm, Monday, Tuesday, Thursday and Friday.

The UHS Addiction Medicine Department treats all substance use disorders (opioid, alcohol, methamphetamine, nicotine, etc.) and offers inpatient and outpatient services as well as medication for addiction treatment with Suboxone® and methadone.

To learn more about our services, visit our website at:

nyuhs.org/care-treatment/behavioral-health/addiction-medicine





New York State's 911 Good Samaritan Law Protects YOU

The New York State 911 Good Samaritan Law allows people to call 911 without fear of arrest if they are having a drug or alcohol overdose that requires emergency medical care or if they witness someone overdosing.

The following are signs of an overdose. CALL 911 if the person:

- Is passed out and cannot be woken up;
- Is not breathing, breathing very slowly, or making gurgling sounds;
- Has lips that are blue or grayish color.

Why should you care about the 911 Good Samaritan Law?

- The law empowers YOU to save a person's life.
- The law encourages anyone to call 911 when they see or experience a drug or alcohol overdose.

Who is protected by the 911 Good Samaritan Law?

- Everyone — regardless of age — who seeks medical help for themselves or someone else during an overdose.
- The person who has overdosed.

The law DOES NOT protect YOU from the following:

- A1 felony possession of a controlled substance (8 ounces or more);
- Sale or intent to sell controlled substances;
- Open warrants for your arrest; and
- Violation of probation or parole.

The law DOES protect YOU from the following:

- Possessing controlled substances up to and including A2 felony offenses (anything under 8 ounces);
- Possessing alcohol, where underage drinking is involved;
- Possessing marijuana (any quantity);
- Possessing drug paraphernalia; and
- Sharing drugs

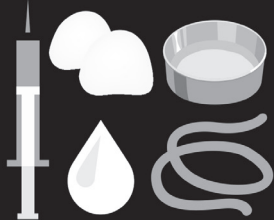
What if I am accused of selling drugs?

- Calling 911 can be used in your defense when the charge is less than an A2 felony — as long as you don't have a prior conviction for an A1, A2, or B drug felony sales or attempted sales offense.
- Calling 911 can be a factor in reducing the length of a prison sentence for A1 and A2 felony convictions.

What if I am under the age of 21 years, will this law protect me?

Yes. Nothing should stop YOU from calling 911 in a life-or-death situation.

ALWAYS USE
**NEW
WORKS**



IF BLOOD HAS TOUCHED IT

**HEP C
COULD BE ON IT**



PREVENTION POINT

Syringe Exchange Program



The Syringe Exchange Program (SEP) provides anonymous syringe access and comprehensive risk reduction services to individuals who currently inject substances. If you are currently injecting drugs, steroids, or hormones and would like more information about free injection supplies (syringes, alcohol pads, sterile water, cottons, etc.), please stop into one of our fixed exchange sites (located in Johnson City, Norwich and Ithaca).

Participants have access to FREE:

- Clean syringes and works
- Safer injection education
- Special arrangements for syringe delivery
- Overdose Prevention Training (Narcan®)
- Peer Delivered Syringe Exchange
- Hygiene supplies

We can connect you with:

- HCV, HIV, and STD testing
- Substance Use Counseling
- Case Management
- Medical Care
- Other Support Services

STAY FREE OF HEP C ALWAYS USE NEW

Syringes • Cookers • Needles
Cotton • Water • Pipes
Filters • Tie Offs • Surfaces



For info about Hep C and
where to get new works:
health.ny.gov/HepatitisC

**FOR PICK UP OF DISCARDED SYRINGES IN COMMUNITY, OR FOR
SPECIAL ARRANGEMENTS, PLEASE CALL (607) 237-0497.**

Broome County: 277 Main Street, Johnson City, NY 13790 (607) 237-0497

Tompkins County: 314 W. State Street, Ithaca, NY 14850 (607) 272-4098

Monday & Friday 11am–5pm; Tuesday & Thursday 1pm–5pm

Chenango County: 19 Eaton Street, Norwich, NY 13815 (607) 759-6746

Tuesdays 10:30am–3:00pm

Your health and life matter.

BUILD A SAFETY PLAN



Anyone who uses drugs can overdose. These tips can help you build a safety plan that works for you.

Know the facts.

Fentanyl is in the drug supply.

- Fentanyl is 50-100 times stronger than heroin.
- A small amount of fentanyl can cause an overdose.
- Fentanyl is mixed into heroin and can be added to other drugs such as pills, cocaine, and crystal meth.
- Naloxone DOES reverse the effects of fentanyl.



Tolerance

When a drug is used repeatedly over time, a larger dose of the drug is often needed to reach the same desired effect.

A drug-free period will lower your tolerance.

- Your tolerance can drop in 1-2 days if you stop using opioids for any reason, such as if you take a break for a few days, detox, are in the hospital or put in jail.
- Using the same amount of drug after taking a break puts you at higher risk for an overdose.

Mixing drugs, medications and alcohol increases the risk of overdose.

- Alcohol and benzos (such as: Xanax, Klonopin, Ativan, Valium) mixed with any opioid can be deadly.
- They can change how you think, so you may not remember or care how much you have used.

Carry naloxone (Narcan).

- Naloxone will reverse an opioid overdose. Have it out and ready to use if needed.
- Naloxone can be sprayed into the nose or injected.
- If you are out of naloxone, get a new kit. Go to your local syringe exchange program or find a drug store near you at: www.health.ny.gov/overdose
- Tell those you trust how to use naloxone.
- The 911 Good Samaritan Law protects people against being charged for drug possession if they call 911 or if someone calls 911 for them.

Find a buddy.

- Take turns using so someone is ready to give naloxone if needed.
- If you use alone, let someone you trust know where you are.
- Ask them to text, call or check-in on you 3-5 minutes after you use drugs to make sure you are ok.



Talk about it.

- An overdose can cause many feelings for the person who overdosed and those around them.
- You are not alone. Talking to someone can help you cope, and get the support you need.
- The National Suicide Prevention Lifeline is a network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. 1-800-273-TALK (8255) or text "GOT5" to 741741 to start a conversation.
- Many community programs can help you find services such as food, rides, and health care, etc.

Take notice.

- Pay attention to changes in your drugs such as a color, taste, and the way it cooks up/dissolves.
- Be extra careful if you change your dealer or have other changes in your source of drugs.
- Do a small test shot to check how strong your drug is. Go slow. Use less and pace yourself.
- Ask your local syringe exchange program (SEP) about how to test your drug to see if it has fentanyl in it.

Find a safe space.

- Find a place where you feel safe and can take your time to prepare your drugs.
- Choose a place that has clean water and is well lit.
- Use in a space where you can be reached if you need help.
- Avoid leaning against or locking the door.

Take care.

- Clean the injection site.
- Always use your own works. Do not share them with others. Sharing works can spread hepatitis C and HIV.
- Mark your gear so you know it's yours.

ThePoint

- Find a syringe exchange program (SEP) at www.thepointny.org. Take care of your veins. Use new syringes and works.
- If you reuse works, learn how to clean them with bleach.
- Place your syringes in a sharps container or hard plastic bottle that you can seal, and return to a SEP or go to www.thepointNY.org for other options.



Manage your use.

- Methadone, buprenorphine/Suboxone® can help manage cravings, and withdrawal.
- Buprenorphine or methadone make it less likely to overdose.
- Other self-care, such as counseling and support groups, can help too.

Use one drug at a time.

- If you do mix, use less of each drug than normal.
- Use the opioid first to better manage your high.
- If you try something new, go slow. Take a smaller amount to test the strength of your drug.



My safety plan.

I keep my naloxone kit:

My Tips (e.g., name of syringe exchange program (SEP) counselor, phone number, and other resources):

SEP hours:

Helpful resources.

Want to Stop or Reduce Your Drug Use?

Get Buprenorphine

www.health.ny.gov/diseases/aids/consumers/prevention/buprenorphine/

Get Methadone

www.oasas.ny.gov/AdMed/methadone/index.cfm

Find Other Drug Treatment

www.oasas.ny.gov/providerDirectory/

New York State Hopeline

1-877-846-7369 or text HOPENY (467369)

Get Naloxone

www.health.ny.gov/overdose

1-800-692-8528

Get New Syringes and Dispose of Used Ones

www.thepointNY.org

New York State HIV/AIDS Information Hotline

1-800-541-2437 English

1-800-233-7432 Español