How to handle addiction:

1. Ask if the person has visited the doctor’s office. This is the most effective (and affordable) addiction treatment.

1. Keep track of your drug use, including when and how much you use. This will give you a better sense of the role the addiction is playing in your life.
2. List the pros and cons of quitting, as well as the costs and benefits of continuing your drug use.
3. Consider the things that are important to you, such as your partner, your kids, your pets, your career, or your health. How does your drug use affect those things?
4. Ask someone you trust about their feelings on your drug use.
5. Ask yourself if there’s anything preventing you from changing. What could help you make the change?

How to handle an OD situation:

**1.**     Keep calm

**2.**     Call 911

a. Assessment / What to say?

·  Tell the dispatcher exactly where you and the overdosing person are.  Give them as much information as possible so that they can find you (i.e. 3rd floor, or in the bathroom)

·  Avoid using words like drugs or overdose – stick to what you see.

·  Keep loud noise in background to a minimum—if it sounds chaotic, they will surely dispatch police to secure the scene and protect the paramedics

·   Is the person breathing?

·  Is the person responsive?

·  Do they answer when you ‘shake and shout’ their name?

·  Can the person speak?

·  How is their skin color (especially lips and fingertips)?

·  When the paramedics arrive, tell them what you know about what drugs the person may have been using—as much information as possible.  If the paramedics suspect opioids, they will give the victim an injection or intranasal dose of naloxone.

**3.**     Stimulation

a. Try to wake them up.

b. Call his or her name

c. Say something that they might not want to hear

d. **If this does not work:**

·  Try to stimulate the person with pain by rubbing your knuckles into the sternum (the place in the middle of your chest where your ribs meet)

·  If the previous does not work, or the sternum is hard to reach, try rubbing you knuckles on their upper lip.

**4.**     **If the person DOES NOT respond to stimulation and remains unconscious or the condition appears to get worse, do NOT try a different or alternative form of stimulation. Treat this as an emergency and call for help!**

**5.**     If you have to leave the person at all, even for a minute to phone 911, make sure you put them in the **Recovery Position**, which means laying the person slightly on their side, their body supported by a bent knee, with their face turned to the side. This will help to keep their airway clear and prevent them from choking on their own vomit if they begin to throw-up.

(source:<https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/responding-to-opioid-overdose/assessment-stimulation/>)

Common overdose symptoms:

Their face is extremely pale and/or feels clammy to the touch

* Their body goes limp
* Their fingernails or lips have a purple or blue color
* They start vomiting or making gurgling noises
* They cannot be awakened or are unable to speak
* Their breathing or heartbeat slows or stops