

STAY ALIVE

OPIOID FACTS



It's never a good idea to misuse opioids.

Overdose and death is a very real risk.

BUT IF YOU MISUSE OPIOIDS,
staying alive may depend on knowing
these **overdose risk factors**.



LOW TOLERANCE

When your body isn't used to opioids, misusing opioids is very risky.

You can have low tolerance if you rarely use or have never used opioids.

You can also have low tolerance if you try to quit opioids and relapse.

MIXING DRUGS

Mixing other drugs with opioids is dangerous.

Mixing these drugs with opioids is especially likely to cause an overdose.

- Alcohol
- "Benzos" (Xanax, Valium, Klonopin)



FENTANYL

Fentanyl is a white powder or pill that is often sold as heroin or other prescription opioids.

Fentanyl is 50-100 times stronger than heroin.

It's almost impossible to tell the difference between fentanyl and other opioids.

If you unknowingly take fentanyl, what you consider a normal dose will likely cause an overdose.



USING ALONE

Using alone is extremely risky.

It can be hard to admit your use to others for many reasons. But if possible...

It is important to try to put together a support system of people who know you use and who you can rely on for support or in the case of an emergency.

Is misusing prescription opioids different than using heroin?

NO. Misused prescription opioids are simply "heroin in pill form" and come with many of the same risks.

OPIOID OVERDOSE:

WHAT TO DO TO SAVE A LIFE



STEP

01

LOOK FOR SYMPTOMS

Blue lips or skin

Gasping sounds

Little or no breathing

Unresponsive to yelling or touch



STEP

02

IF YOU SEE SYMPTOMS

CALL 911



STEP

03

PROVIDE CPR

While you wait for the ambulance, you can help get oxygen to the person's brain with CPR.



STEP

04

IF AVAILABLE, USE NALOXONE

Naloxone can reverse an opioid overdose.

You can get it from a doctor or pharmacist.



STEP

05

WAIT FOR HELP

Emergency medical care is always necessary.

(even if you use naloxone)



WHAT DRUGS ARE OPIOIDS?

Examples: Heroin, fentanyl, carfentanil, oxycodone, codeine, hydrocodone, morphine, methadone, Demerol, Percocet, Vicodin