



Naloxone

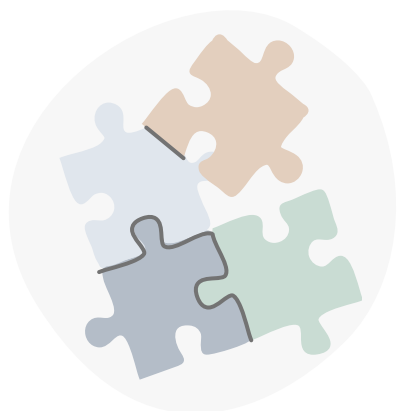
Responding to Opioid Overdose

What is an opioid overdose?

- too much opioid can make people lose the urge to breathe
- slowed breathing can decrease oxygen delivery to the brain
- this can lead to permanent brain damage or death



Anyone can overdose, including people taking prescription opioids for pain



Overdose risk is complicated and depends on several factors



Risk is very personal as each person can have a different response to the same amount of a substance

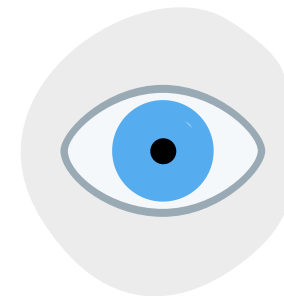
What does an overdose look like?



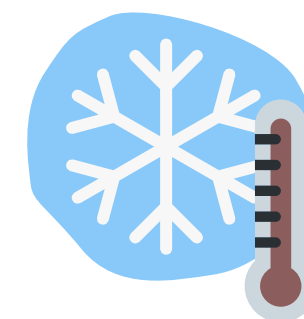
Very sleepy/
not responding



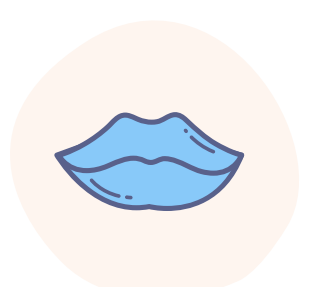
Soft/no breath
or snoring



Tiny (pinpoint)
pupils



Cold,
clammy skin



Blue lips,
nails or skin

What is the risk?

Many things can increase the risk of opioid overdose
More risk factors = higher chance of overdose



History

- Increasing age
- Lung, liver & kidney problems
- Mental health concerns
- Sleep apnea



Opioid Use

- Any dose, especially higher doses
- Taking differently than prescribed
- Previous opioid overdose
- Injected forms riskier than oral
- Non-prescription opioid use



Other Substances

- Alcohol
- Benzodiazepines
- Sleep aids
- Certain antidepressants
- Pregabalin & gabapentin
- Cannabis
- Stimulants
- Illicit drugs/substances

Tolerance is your body's ability to get used to a consistent opioid dose over time. Sudden loss of tolerance **increases the risk of overdose dramatically**, and can happen when you are sick or if you are tapering (weaning) your opioid dose. **Never take more opioid than prescribed.**