



## ADDICTION/HEALTH RESOURCES

SAN DIEGO ACCESS AND CRISIS LINE  
(888) 724-7240 (TTY:711)

TO GET NALOXONE  
2-1-1  
211SANDIEGO.ORG

ITS UP TO US  
UP2SD.ORG

SAN DIEGO COUNTY  
BEHAVIORAL HEALTH SERVICES  
SANDIEGOCOUNTY.GOV/HHSA/PROGRAMS/BHS/

## OUT OF COUNTY RESOURCES

(800) 879-2772 STATEWIDE  
(916) 327-3728 OUTSIDE CALIFORNIA



# SAN DIEGO COUNTY SHERIFF'S DEPARTMENT

## CONTACT US



NON-EMERGENCY  
(858) 565-5200

EMERGENCY  
9-1-1

[WWW.SDSHERIFF.GOV](http://WWW.SDSHERIFF.GOV)

California law provides certain legal protections to a person experiencing a drug-related overdose and the person providing aid.



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# OPIOID OVERDOSE PREVENTION

## WHAT ARE OPIOIDS?

Opioids are a class of drugs that interact with opioid receptors on nerve cells in the body and brain. They reduce the intensity of pain signals and feelings of pain. This class of drugs includes the illegal drug heroin, synthetic opioids (such as fentanyl, which is often made illegally) and pain medications available legally by prescription (such as oxycodone, hydrocodone, codeine and morphine).



OXYCODONE    HYDROCODONE    HEROIN    FENTANYL

## WHAT ARE THE WITHDRAWAL EFFECTS?

Early symptoms typically begin in the first 24 hours after you stop using the drug. Symptoms include muscle aches, restlessness, anxiety, eyes tearing up, runny nose, excessive sweating and inability to sleep.

Later symptoms of opioid withdrawal, which can be more intense, begin after the first day or so. They include diarrhea, abdominal cramping, goosebumps on the skin, nausea/vomiting, dilated pupils, blurry vision, rapid heart rate and high blood pressure.



Anxiety



Vomiting



Diarrhea



Goosebumps



Dilated pupils



Runny nose



Rapid heart rate



Abdominal cramping

## ROUTES OF ADMINISTRATION

Many opioids are taken in pill form, but they can also be taken as lozenges or lollipops. Some are administered through a vein, by injection or through an IV. Others can be delivered through a patch placed on the skin or with a suppository.



INJECTED



SNORTED/  
SNIFFED



PATCH



ORALLY  
BY PILL  
OR TABLET

## WHAT ARE THE OVERDOSE EFFECTS?

Overdose may result in stupor, changes in pupillary size, cold and clammy skin, cyanosis, coma and respiratory failure leading to death. The presence of a triad of symptoms such as coma, pinpoint pupils and respiratory depression are strongly suggestive of opioid poisoning. **If you believe someone is suffering from an overdose, immediately call 9-1-1.**



Blue lips or  
nails



Dizziness and  
confusion



Can't be  
woken up



Choking or  
snoring sounds



Slow or no  
breathing



Difficulty  
staying awake

## HOW TO ADMINISTER NALOXONE

1. Remove Naloxone from box
2. Hold the nasal spray with your thumb on the bottom of the plunger
3. Insert tip into either nostril
4. Press the plunger firmly
5. Perform CPR/rescue breathing if necessary.
6. Roll the person on their side to prevent choking



Remove Naloxone  
from box



Hold the nasal spray  
with your thumb on  
the bottom of the  
plunger

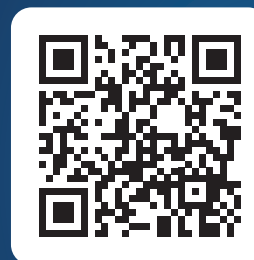


Insert tip into  
either nostril



Press the nasal  
spray firmly

SCAN QR CODE TO WATCH VIDEO



## CHILDREN AND NALOXONE



If a child may have been exposed or possibly overdosed on opioids, it is okay to give them Naloxone. It is not going to hurt them. Naloxone is FDA-approved to reverse opioid overdose in children including newborns, infants and toddlers.