#### What Are Opioids?

Opioids are **POWERFUL**, **HIGHLY ADDICTIVE NARCOTICS** that mimic chemicals in the brain and body. Commonly prescribed to treat pain, opioids trick the brain into feeling pleasure. But while opioids can make a real, positive difference for people living with chronic pain, they should always be taken with extreme caution.

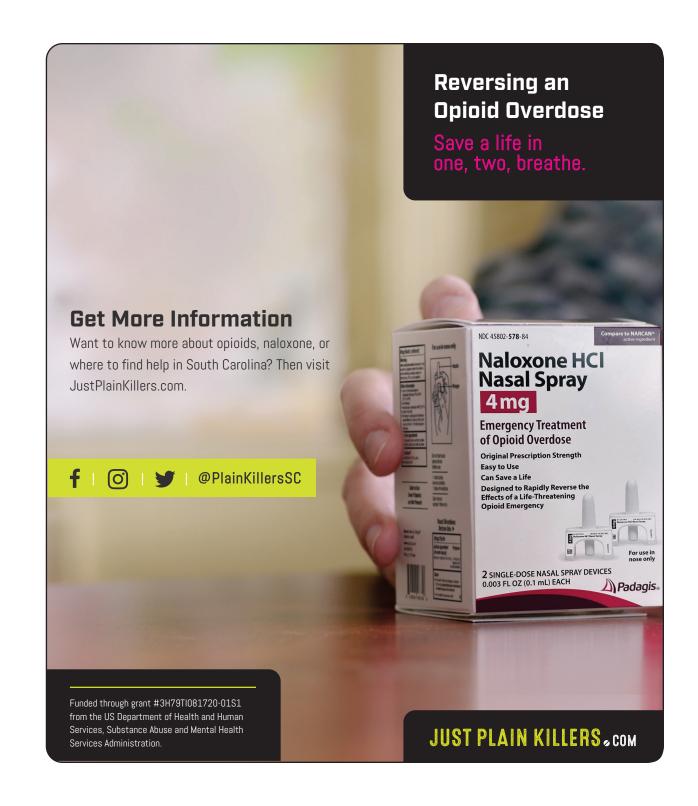
### **Opioid Alternatives**

Ask your doctor or dentist about opioid alternatives. Over-the-counter medications are safer and can be as effective in treating pain. Physical therapy, massage, acupuncture, and chiropractic care are also options.

# Know the Signs of an Opioid Overdose

- Unconscious or can't be awakened
- Person who can't be awakened is making gurgling or rattling breathing noises
- Fingernails or lips are blue/purple/ grayish/ashen
- → Small "pinpoint" pupils
- Breathing or heartbeat is very slow or stopped
- → Face is extremely pale and/or clammy to the touch

Call 911 immediately if anyone shows these symptoms and administer naloxone if you have it—even if you are unsure.



### How to reverse an opioid overdose with naloxone:

1

Call 911 on speaker phone 2

If observing less than 8 breaths per minute, tilt the head back and begin rescue breathing 3

Place nozzle in a nostril and press plunger

Remember, breathing is more important than waking up.

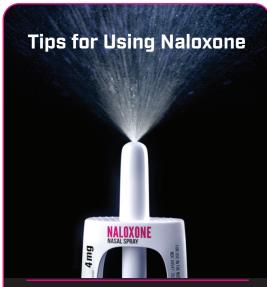
## Why keep naloxone on hand?

- You may live with an older loved one who is taking a prescription opioid and is at risk of mistakenly overdosing.
- If a child gets into prescription opioids, even a small amount can be dangerous—naloxone is safe to use on children and can be lifesaving.
- → A home health worker is responsible for caring for someone older who is taking a prescription opioid.
- → You know someone who struggles with substance use.
- You have a friend who uses drugs occasionally or recreationally.
- → Whether you live in an urban or rural area, it can still take time for first responders to arrive.

Other reasons include:

- It's effective and works fast.
- It presents no harm when given to someone not experiencing an opioid overdose.
- Without it, an overdose can cause death or permanent brain damage.
- Carrying naloxone reduces stigma and shows you care.
- → It's available in South Carolina without a prescription.

Everyone has their own reason for carrying naloxone. But one thing's true for all—it can reverse an opioid overdose and save a life.



Spray the entire contents into one nostril. Do not "prime the pump" before use.

If consciousness is not regained in 2-3 minutes, administer a second dose in the other nostril.

Naloxone's effects only last 30-90 minutes, so it's vital that the individual who has overdosed receives medical attention.

Naloxone is not effective in reversing overdoses caused by stimulants only, but it's safe to use even if a suspected opioid overdose turns out to be a different medical emergency.

Find naloxone near you:
JustPlainKillers.com/naloxone