

Substance Use Prevention and Treatment Resources



**A guide for people who use drugs, their
families, and friends**



Recognize Symptoms of an Overdose

Take Action

Common overdose situations:

- When tolerance is down due to not using (ex. after being incarcerated or in abstinence-based treatment)
- When drugs are mixed, especially with alcohol or benzodiazepines
- When using alone

Check for signs of overdose:

- Person is unconscious or not waking up
- No response to shouting or rubbing knuckles on chest
- Person is not breathing or struggling to breathe
- Snoring, choking, or gurgling sounds
- Pinpoint or small pupils

If the person has signs of an overdose:

1. Call 9-1-1
2. Give naloxone
3. Start rescue breathing

Instructions on next page...

The Good Samaritan Law provides some legal protection to anyone who gives naloxone or calls 9-1-1 in an overdose situation.

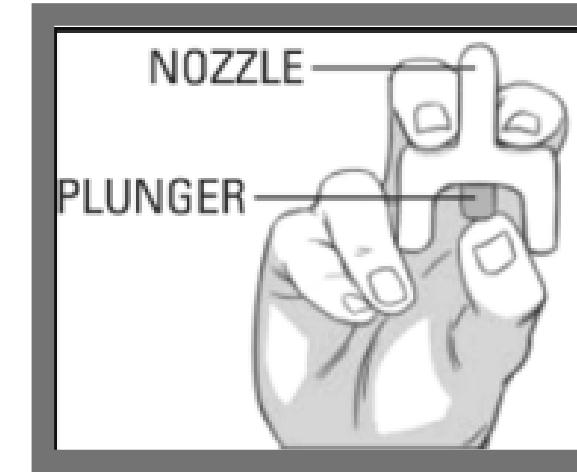
How to Take Action

STEP 1 Call 9-1-1

STEP 2

GIVE NALOXONE

- Lay the person on their back.
- Remove the naloxone nasal spray from the box.
- Peel back the tab with the circle to open the naloxone.
- Hold the naloxone with your thumb on the pink plunger and your first and middle finger on either side of the nozzle.
- Insert the tip of the nozzle in one nostril and firmly press the plunger to administer naloxone.



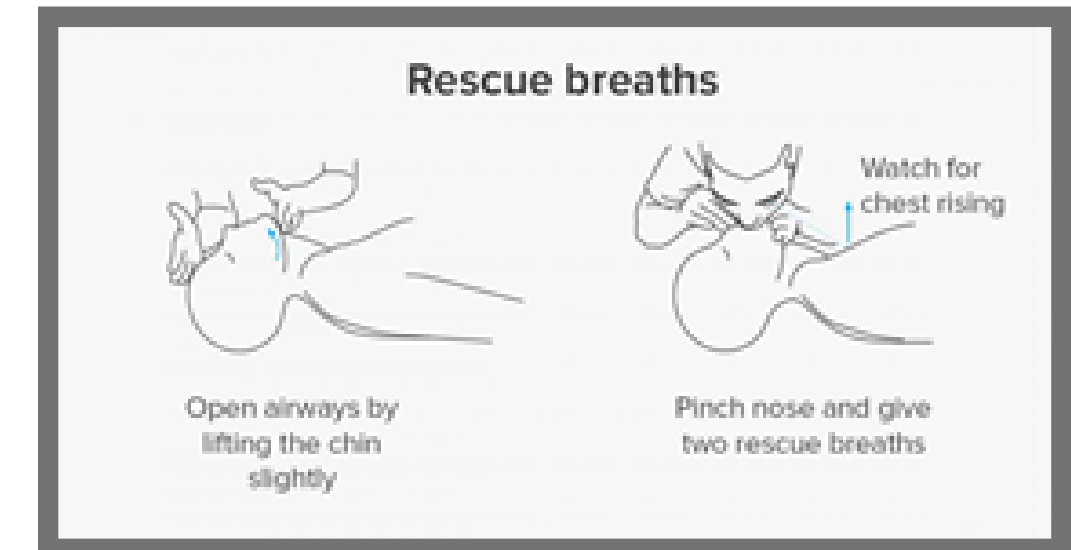
STEP 3

If the person is not breathing, immediately **BEGIN STEP 4**.
If the person is breathing, **BEGIN STEP 5**.

STEP 4

START RESCUE BREATHING

- Use two fingers to lift the person's chin, gently tilting their head.
- Make sure the person's mouth is clear of any obstructions.
- Place the mouth barrier over the person's mouth with the longer side toward their mouth and the shorter side toward your mouth.
- Pinch the person's nose, seal your mouth over mouth barrier, and breathe out for 1 second.
- Check that the person's chest rises (if it does not rise, check the position of their head and tilt it back slightly again if necessary).
- Repeat breathing into their mouth using the mouth barrier.
- If the person does not wake up or start breathing on their own after 2-3 minutes, **REPEAT STEP 2**.
- If the person wakes up or starts breathing on their own, **BEGIN STEP 5**.



STEP 5

RESCUE POSITION

- Place the person in the rescue position on their left side.

Naloxone FAQs

Q: What is naloxone?

A: Naloxone (or Narcan[®], a brand name for naloxone nasal spray) is a lifesaving drug that reverses the effects of an opioid overdose.

Q: Where can I get naloxone?

A: Naloxone is available in many community settings in NJ, including:

- Harm Reduction Centers (see page 5 to learn more)
- Pharmacies (visit StopOverdoses.NJ.gov)
- First responders and hospitals must offer naloxone to patients or their families/friends after an overdose.
- The New Jersey Harm Reduction Coalition mails naloxone confidentially and for free to anyone who needs it (regardless of insurance status). Call or text **1-877-4NARCAN** or use the QR code located on page 7.

Q: What should I do with the naloxone I received?

A: You should keep the naloxone in a safe place that is accessible in the event of an overdose. The previous page explains how to use naloxone if you see someone showing the signs of an overdose.

Harm Reduction

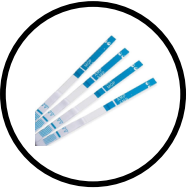





Harm reduction is an evidence-based intervention that minimizes the negative health consequences from using substances. This approach meets people where they are and empowers them to make positive change to improve their health and well-being.

Harm reduction resources include...

- Access to sterile syringes and other safer use supplies
- Peer support specialists
- Condom distribution
- Pre-Exposure Prophylaxis (PrEP)
- Education about safer use
- Community naloxone distribution
- HIV and Hepatitis testing
- Fentanyl test strips
- Low-barrier medical care and treatment access

There are Harm Reduction Centers throughout NJ. See page 8 for more information.

Tips for Safer Use

-  Use fentanyl or xylazine test strips before using.
-  Always use a new, sterile syringe.
-  Keep naloxone nearby when using.
-  Do a "test shot" to test the strength of the drug before using more.
-  Tell someone you are using and take extra care if using alone.
-  Dispose of used syringes in a sharps container.

If you are unable to adopt all of these practices, that is okay.

Any positive change is a success.

Interested in treatment or harm reduction services?

GET NALOXONE



Call or text **1-877-4NARCAN** for FREE naloxone and other harm reduction supplies to be mailed to you confidentially.



njharmreduction.org



NALOXONE 365

NJ residents can obtain naloxone freely and anonymously from participating pharmacies.



nj.gov/humanservices/stopoverdoses

FIND TREATMENT



ReachNJ connects individuals who need counseling to live, trained addiction experts who answer the 24/7 hotline and get callers help, regardless of insurance status.



reachnj.gov

EDUCATION & RESOURCES



Safe Spot is a toll-free hotline that provides overdose prevention, detection, and response, operated by peers 24/7.

Call 800-972-0590.



www.safespot.me

Find Your Nearest Authorized Harm Reduction Center

You can visit a local Harm Reduction Center in NJ to receive information and services about how to stay safe and connected to care, whether or not you continue to use substances.



nj.gov/health/hivstdtb/hrc

Did you administer naloxone to someone?

**Please fill out this survey using the QR code
or link below.**

It will take you less than 5 minutes and will help ensure that other people in your community have access to naloxone, too.



tinyurl.com/IUsedNarcanNJ

