

## What is an opioid?

Opioids are a group of drugs that includes prescription pain medications, such as morphine, methadone, codeine, hydrocodone, hydromorphone, oxycodone, and buprenorphine. Vicodin®, Lortab®, Percocet®, OxyContin®, Dilaudid®, and Demerol® are common brand names of opioids. Heroin is also an opioid. Fentanyl is an opioid prescription medication that is often manufactured illegally and mixed with heroin or other street drugs, such as cocaine and methamphetamine.

### Who is at risk of opioid overdose?

Anyone who uses high doses of opioid pain medication or uses opioids recreationally is at risk of overdose.

### Other risk factors include:

- Using opioids in combination with other drugs such as antidepressants, benzodiazepines (Xanax® or Valium®) or alcohol. Like opioids, these drugs affect your ability to breathe.
- Using street drugs such as methamphetamine and cocaine; these drugs can be contaminated with fentanyl.
- Certain health conditions such as asthma, liver or kidney disease, heart disease, or HIV/AIDS.
- Reduced tolerance caused by not having used opioids recently – for example, after release from jail or inpatient treatment.
- Having overdosed in the past.

## What is Project DAWN?

Project DAWN is a network of Ohio-based drug overdose education and naloxone distribution programs. Project DAWN programs provide take-home naloxone kits to the public free of charge.

### Participants receive training on:

- Identifying risk factors for opioid overdose.
- Recognizing an overdose.
- Calling emergency medical services.
- Giving intranasal naloxone.
- Monitoring the person until help arrives.

**Project DAWN is named in memory of Leslie Dawn Cooper, who struggled with substance use for years before dying of a witnessed opioid overdose on October 3, 2009.**

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Ohio Department  
of Health



PROJECT  
**DAWN**

Deaths Avoided With Naloxone

A community-based  
drug overdose  
education and  
naloxone distribution  
program

[www.odh.ohio.gov/projectdawn](http://www.odh.ohio.gov/projectdawn)

## What is naloxone?

Naloxone, also known as Narcan®, is a medication that can block the effects of opioids and reverse an overdose.

Naloxone is very safe and cannot be abused. If you give naloxone to someone who is not experiencing an opioid overdose, it will not harm them. In Ohio, anyone can legally carry and administer naloxone.

People who are dependent on opioids may go into withdrawal when given naloxone. Withdrawal, though unpleasant, is not life-threatening.

## What does an overdose look like?

A person experiencing an overdose may have the following symptoms:

- Unresponsiveness.
- Slow or shallow breaths (less than one breath every six seconds) or not breathing at all.
- Choking, snoring, or gurgling sounds.
- Blue, grey, or ashen lips and fingernails.
- Pale or clammy face.
- Slow, erratic, or absent pulse.
- Vomiting.
- Seizures.

## What do I do if someone is overdosing?

A person experiencing an overdose may die if they do not get help. If you suspect someone is overdosing:

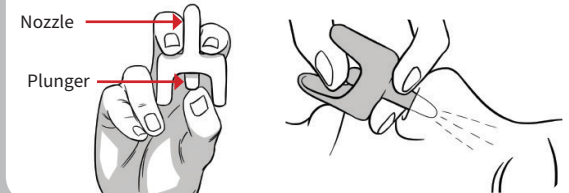
- 1 Check to see if they can respond**
  - Shake them or call their name.
  - Rub your knuckles hard in the middle of their chest ("sternal rub").
- 2 Call 911**
  - Give the address and location.
  - If you don't want to mention drugs, say, "Someone has stopped breathing and is unresponsive."
  - Ohio has a Good Samaritan law to legally protect those who respond to an overdose.\*
- 3 Give rescue breaths**
  - Place the person on their back, head tilted back and chin up.
  - Make sure there is nothing in their mouth and pinch their nose closed.
  - Breathe two slow breaths into their lungs, making sure the chest rises.
- 4 Give naloxone**
  - Follow the instructions for NARCAN® Nasal Spray.
  - If the person does not respond in two to five minutes, give another dose.
- 5 Stay until help arrives**
  - Continue rescue breathing, one breath every five seconds.
  - If the person is breathing on their own, put them in the recovery position and tilt their head back to keep their airway clear.
  - The person may start to overdose again when the naloxone wears off, so it is **very important** to call 911.

\*ORC 2925.11 provides immunity for minor drug possession if medical assistance is sought and a treatment screening and referral are obtained within 30 days; it does not apply if someone is on probation or parole, and immunity cannot be granted more than twice.

## How do I give naloxone?

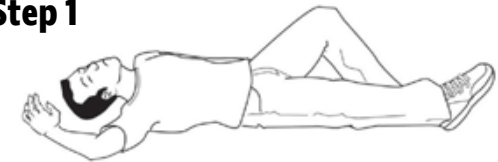
### Narcan® Nasal Spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



### How to Place Someone in the Recovery Position

#### Step 1



#### Step 2



#### Step 3



**Be safe! Do not touch uncapped needles, avoid contact with drug paraphernalia, use gloves and a face shield if you have them, and wash your hands thoroughly after helping with an overdose.**