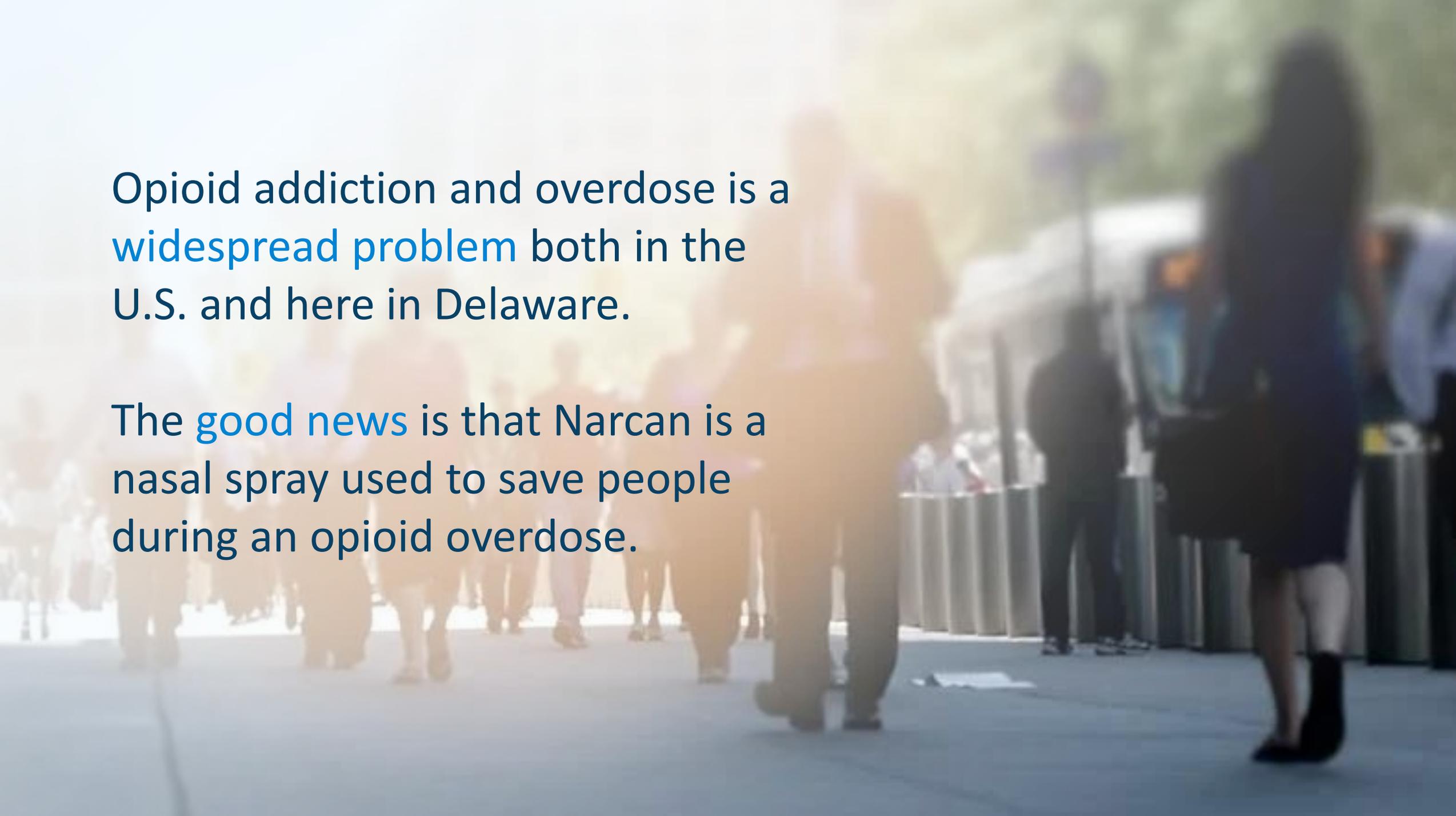

Save Your Loved Ones from
Opioid Overdose.
Use Narcan.



Opioid addiction and overdose is a widespread problem both in the U.S. and here in Delaware.

The good news is that Narcan is a nasal spray used to save people during an opioid overdose.

You can save a life by knowing:

- The signs of overdose.
- When and how to use Narcan.



Topics

What are opioids?

What is the opioid epidemic?

What does the opioid epidemic look like in Delaware?

How can you help someone who has overdosed?

Have a Narcan plan.

Resources

Section 1

What are opioids?

What are opioids?

Opioids are drugs used to reduce the feeling and intensity of pain.

They can be:

- Natural
- Synthetic (man-made)
- Partly synthetic

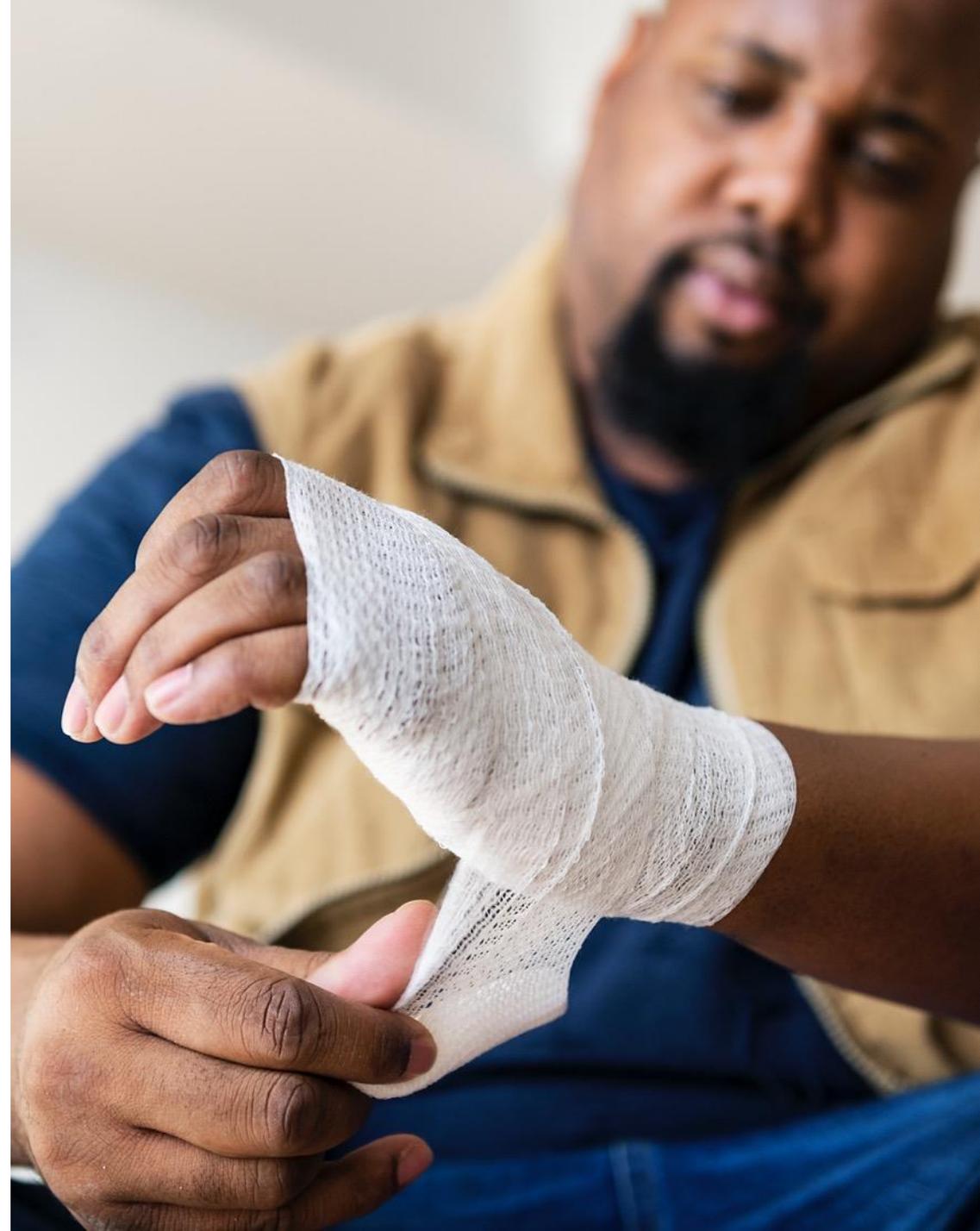
What are opioids?

Opioids can be broken down into three categories:

- Prescription opioids
- Fentanyl
- Heroin

Prescription Opioids

- Are generally safe when taken for a short time, as directed by a doctor.
- Treat moderate to severe pain.
- Treat pain from surgery or injury.
- Treat pain from cancer.



Prescription Opioids

Prescription opioids provide pain relief and cause euphoria.

They can be:

- Addictive
- Misused

Prescription Opioids

Common types of prescription opioids are:

- Codeine
- Hydrocodone (Vicodin)
- Methadone
- Morphine
- Oxycodone

Prescription Opioids

People use prescription opioids despite:

- A lack of evidence about their long-term effectiveness.
- Potential side effects.
- Serious risks.

Prescription Side Effects

- Constipation
 - Increased sensitivity to pain
 - Nausea, vomiting, and dry mouth
 - Sleepiness and dizziness
 - Confusion
 - Depression
 - Itching and sweating
 - Tolerance
 - Physical dependence
 - Low levels of testosterone
-



Fentanyl

The second class of opioid is fentanyl.

Fentanyl is a man-made opioid used to treat severe pain, typically cancer pain.



Fentanyl

Fentanyl is:

- 50 to 100 times more potent than morphine.
- Misused in the U.S.
- Prescribed in the form of skin patches or lozenges.

Fentanyl

Fentanyl gives a high like morphine. It is:

- Often mixed with heroin or cocaine to increase its euphoric effects.
- Sold illegally.

Most recent cases of fentanyl-related harm, overdose, and death in the U.S. are linked to illegally made fentanyl.

A silhouette of a person sitting on a tiled floor in a brightly lit hallway, looking up and holding a hand to their face. The person is positioned on the left side of the frame, with their back to the camera. The hallway is long and narrow, with a tiled floor and walls that reflect the bright light at the end of the corridor. The person's right hand is raised to their face, with fingers spread. The overall mood is somber and contemplative.

Fentanyl Danger

Users can't know which illegal drugs contain fentanyl, and how much.

Heroin

Heroin is an illegal, highly addictive opioid drug made from morphine.

People often use heroin along with other drugs or alcohol.

Heroin can be:

- Injected
- Smoked
- Snorted

Heroin

When people inject heroin into a vein, they are at risk of serious, long-term infections, such as:

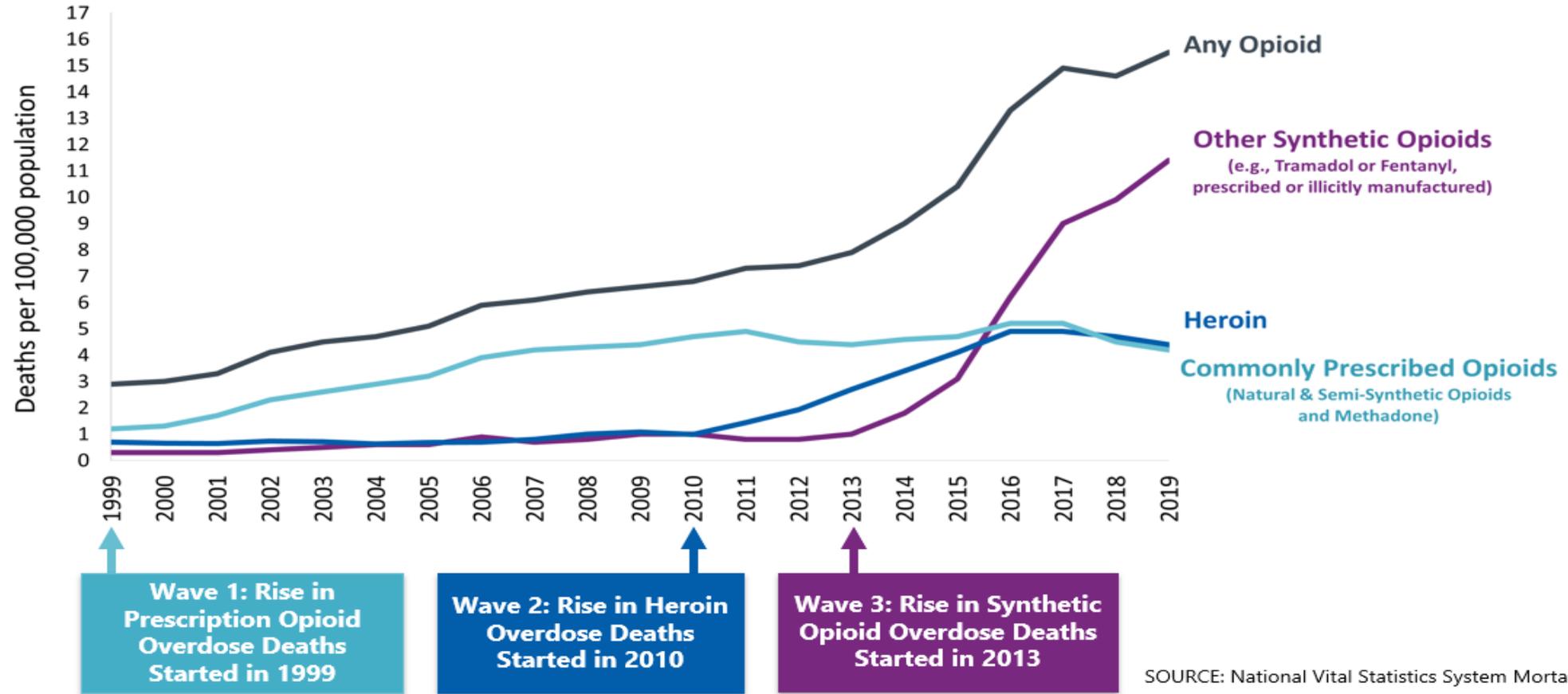
- Hepatitis B
- Hepatitis C
- HIV
- Infections of the skin, bloodstream, and heart

Section 2

What is the opioid epidemic?

What is the opioid epidemic?

Three Waves of the Rise in Opioid Overdose Deaths



Section 3

What does the opioid epidemic look like in Delaware?

**Opioids are
the drugs most
misused in
Delaware.**



What is the opioid epidemic like in Delaware?

State and local law enforcement agencies report annual increases in opioid use and overdose deaths, **along with:**

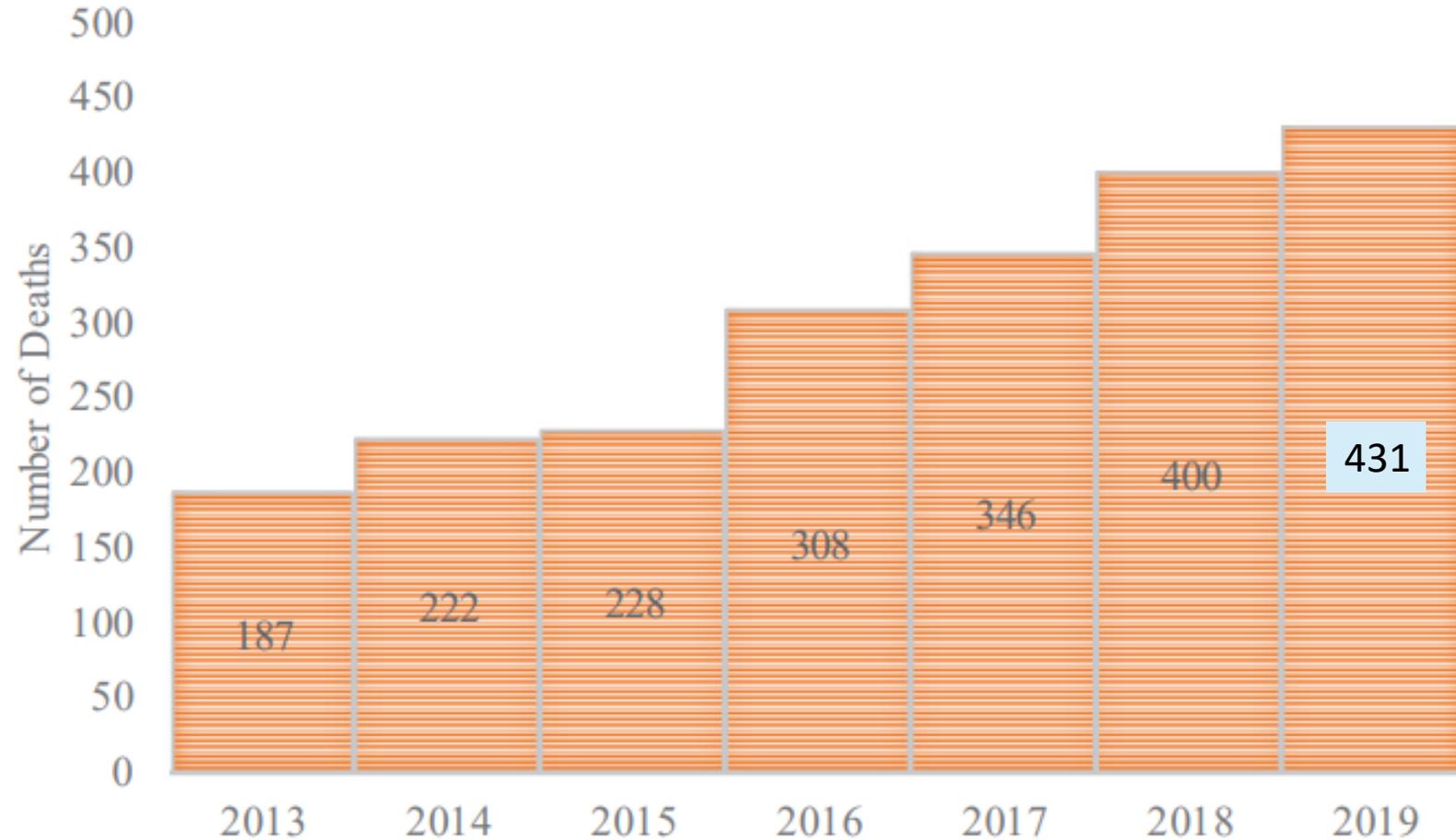
- Drug trafficking
- Fentanyl and heroin availability
- Seizures

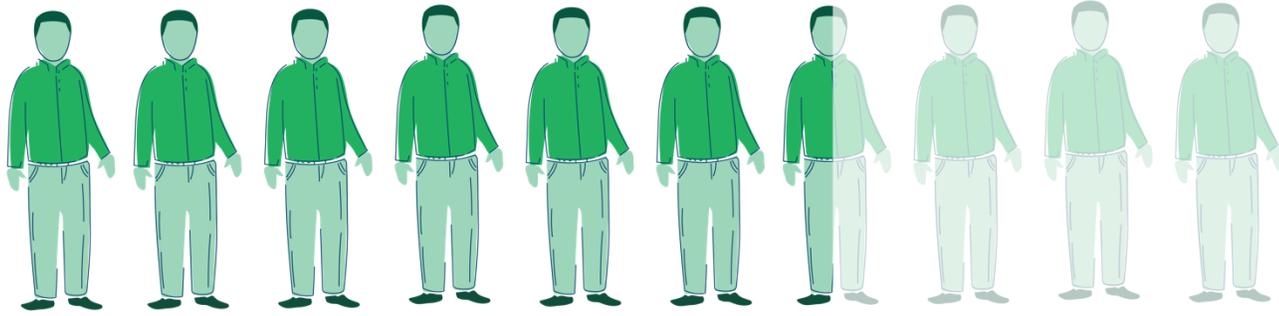
What is the opioid epidemic like in Delaware?

In 2020, **447** Delaware residents died from drug overdoses:

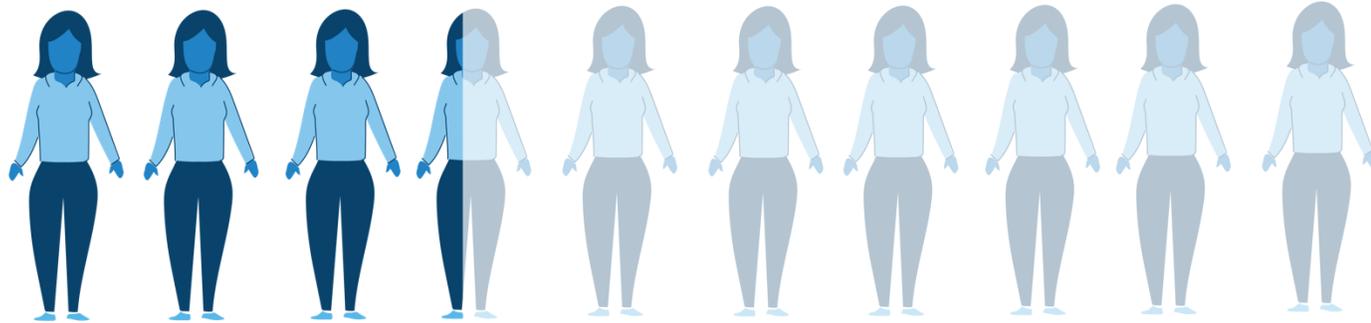
- Fentanyl was identified in **372** of those overdose deaths.
- Heroin was found in **94** of those deaths.

What is the opioid epidemic like in Delaware?





6.5 out of 10 men (67%)
die from drug overdose



3.3 out of 10 women (33%)
die from drug overdose



3 out of 4 between
25-54 years old die
from drug overdose

Section 4

How can you help someone who
has overdosed?

How can you help?

Finding a friend, a family member, or a neighbor who has overdosed on opioids is scary.

But you can help save their life by giving them Narcan, which is very easy to use.



How can you help?

If someone is unusually sleepy or unable to wake up, try to wake them by:

- Firmly rubbing the middle of their chest.
- Talking loudly.

How can you help?

If you can't wake the person, use **Narcan (naloxone)**, a lifesaving nasal spray. You can spray it into one of the person's nostrils to reverse the effects of an opioid overdose within minutes.

The spray **restores normal breathing** to a person whose breathing has slowed or stopped after an overdose.



How can you help?

If the person doesn't wake up or begin breathing normally **within 3 minutes**, give a second dose of Narcan in the other nostril.



Physical Signs of Opioid Overdose

- Abnormal pupil size, or pupils that don't change size when exposed to light
- Ashen or blue skin
- Convulsions
- Drowsiness or unconsciousness
- Loud or odd snoring

Physical Signs of Opioid Overdose (cont.)

- Nausea and vomiting
- Shallow or difficulty breathing
- Sweating or extremely dry, hot skin
- Tremors or muscle spasms
- Weak pulse

Behavioral Signs of Opioid Overdose

- Agitation
- Delusions or paranoid behavior
- Hallucinations
- Staggering or unsteady walk
- Violent or aggressive behavior

Section 5

Have a Narcan plan.

Have a Narcan plan.

If you, a friend, or a family member uses prescription or nonprescription opioids, have a plan **in case of an overdose.**

- Get Narcan.
- Learn how to use Narcan.
- Tell your family and friends where you keep the Narcan.
- Make sure they know how to use Narcan.

Have a Narcan plan.

Get Narcan **without a prescription:**

- From your local pharmacy.
- Via mail order.



Have a Narcan plan.

Before buying Narcan, you must be trained how to use it.

You can get Narcan **training**:

- At your local pharmacy.
- By watching a video online.

Where can you get Narcan?

You can buy Narcan **without a prescription** at:

- Acme and Safeway
- CVS (including at Target)
- Giant
- Greenhill
- Rite Aid
- Shayona (Delmar)
- ShopRite
- Walgreens
- Walmart and Sam's Club

Where can you get Narcan?

To get Narcan through mail order:

- Go to NextDistro.org/Delaware.
- Watch the Narcan training video.
- Take the test.
- Fill out a request form.
- Get Narcan in the mail, no charge.
- Download [OpiRescueDE app](#).



NEXT Distro
STAY ALIVE, STAY SAFE.

Did you know?

In 2018:

- Delaware emergency responders gave **3,728 doses of Narcan**.
- This is a **30% increase** from 2017.



Did you know?

A 2019 study found that:

- **79%** of fatal overdoses happened in a home.
- In **93%** of the fatal overdoses, Narcan was not available.



Section 6

Resources

Resources

Delaware Resources for Substance Use Disorders

- [DelawareGoesPurple.org](https://www.delawaregoespurple.org)
- [HelpsHereDE.com](https://www.helpshereDE.com)

Narcan Resources

- [GetNaloxoneNow.org](https://www.getnaloxone.org)
- [Narcan.com](https://www.narcan.com)