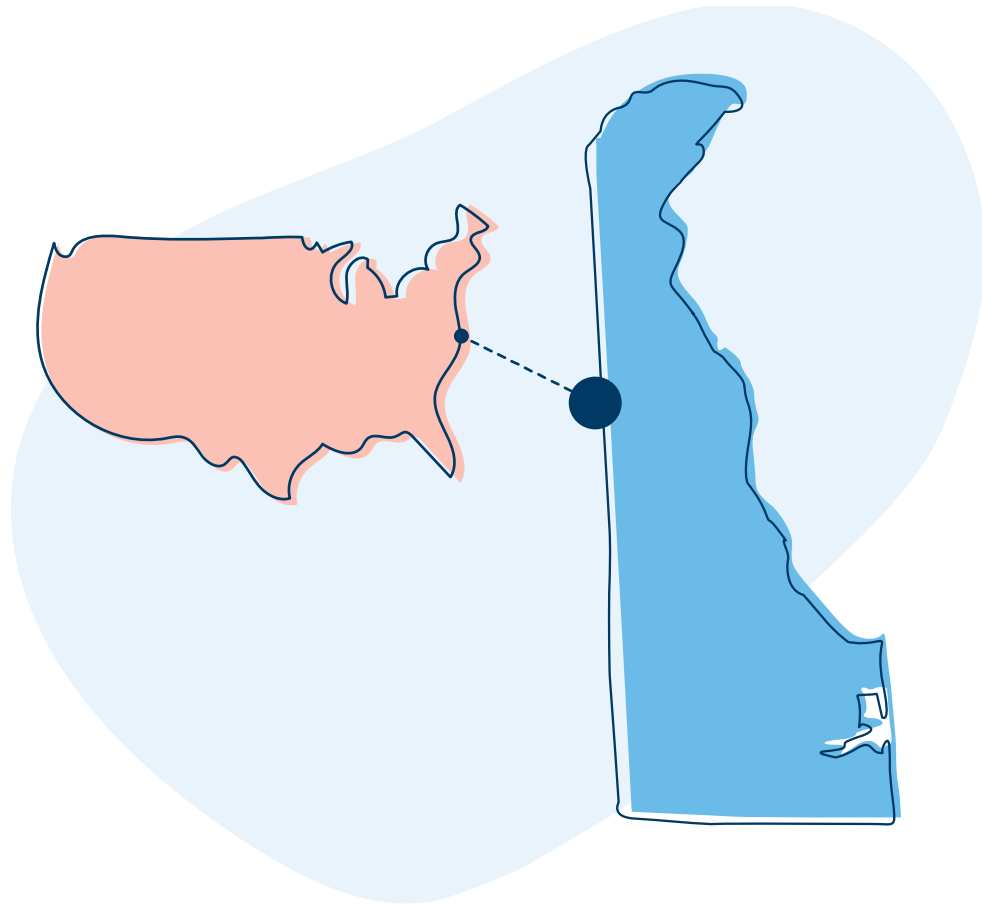


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Save Your Loved Ones  
from Opioid Overdose.  
**Use Narcan.**

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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

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- 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

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# What are opioids?

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# What are opioids?

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

## They can be:

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



# What are opioids?

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**Opioids can be broken down into three categories:**

- Prescription opioids
- Fentanyl
- Heroin

# Prescription Opioids

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- 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

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Prescription opioids provide pain relief and cause euphoria.

## They can be:

- Addictive
- Misused



# Prescription Opioids

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## Common types of prescription opioids are:

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

# Prescription Opioids

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## **People use prescription opioids despite:**

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

# Prescription Side Effects

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- 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

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The second class of opioid is **fentanyl**.

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



# Fentanyl

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

# Fentanyl

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## **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.

# Fentanyl Danger

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





# Heroin

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**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

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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

# Tranq

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**Xylazine** is a tranquilizer used for animals. On the street, it's call **tranq** and it's being mixed with fentanyl or heroin.

Tranq is linked to a growing number of overdose deaths.

## Tranq can be:

- Smoked
- Snorted
- Injected

# Tranq

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When used for an opioid overdose, Narcan can help a person recover. If Narcan is not working, tranq may be present. Tranq is not an opioid like fentanyl or heroin.



# Tranq

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- People who use tranq may develop severe wounds. They can appear at the injection site or anywhere on the body.
- The wounds spread very quickly and will not heal on their own.
- Medical help is needed right away.

## Section 2

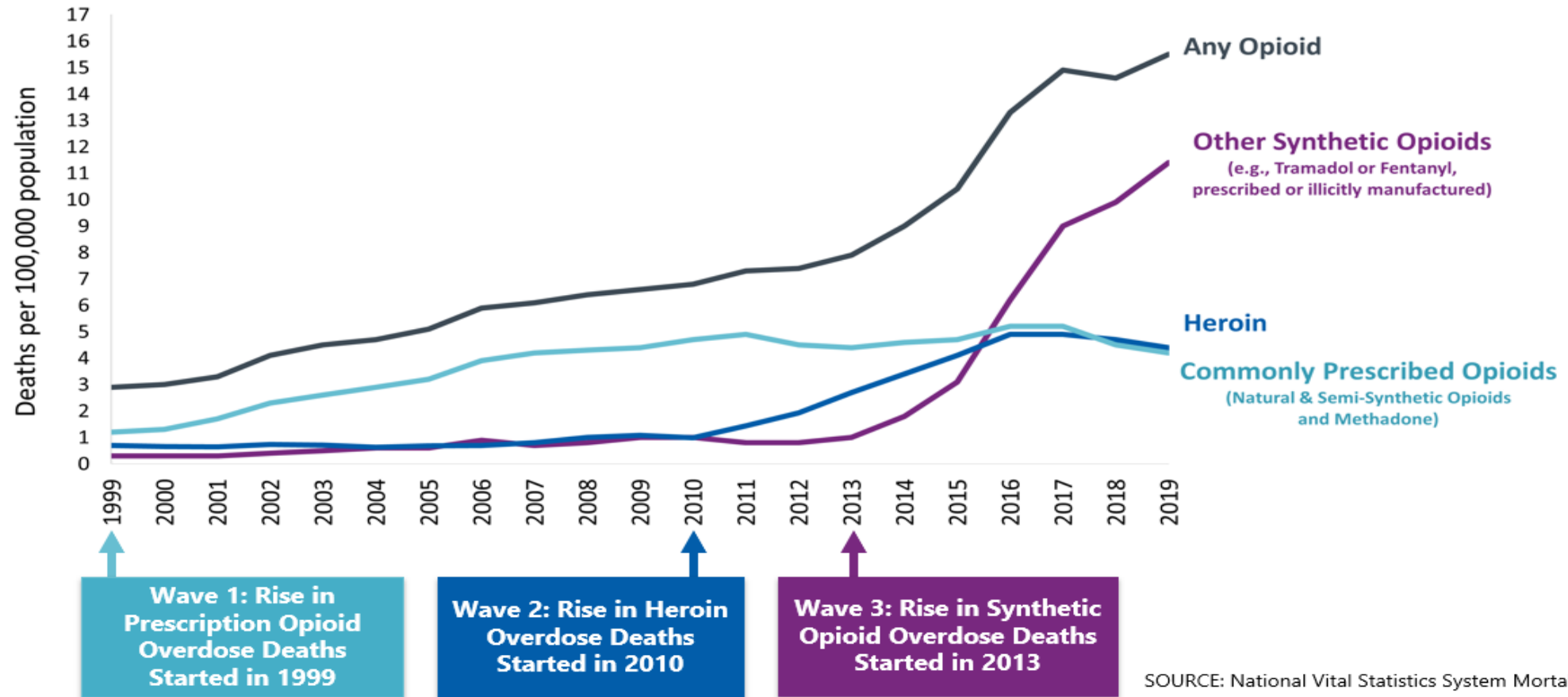
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What is the opioid epidemic?

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# What is the opioid epidemic?

## Three Waves of the Rise in Opioid Overdose Deaths



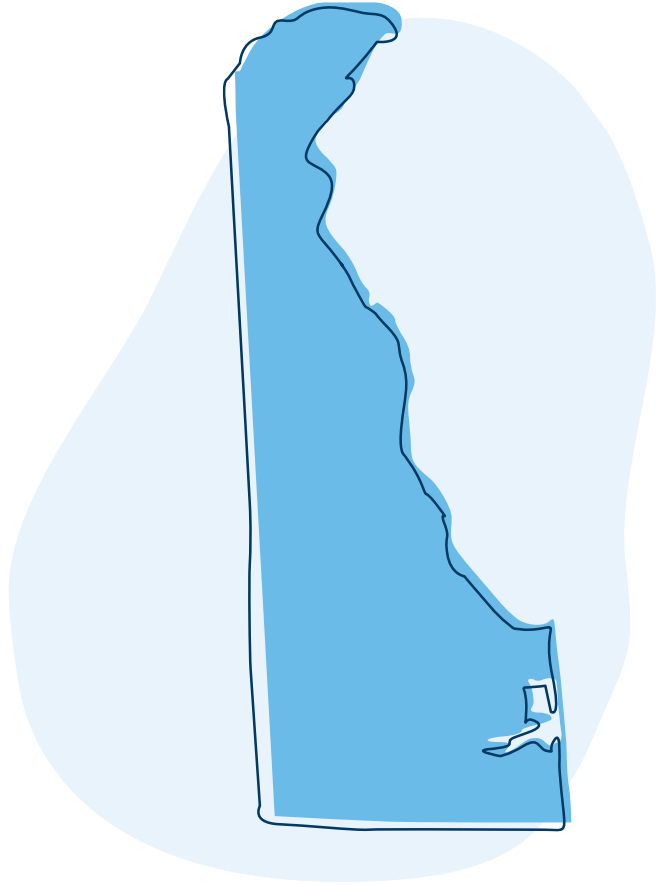
## Section 3

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What does the opioid epidemic look like in Delaware?

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

# What is the opioid epidemic like in Delaware?

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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?

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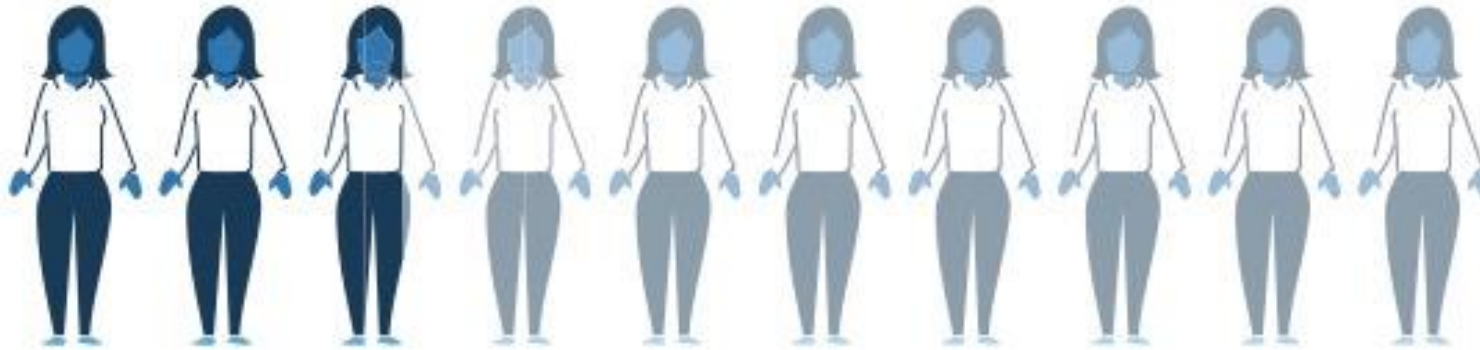


In 2022, **537 Delaware residents** died from drug overdoses:

- Fentanyl was identified in **457 of those overdose deaths.**
- Cocaine was found in **234 of those deaths.**



7.2 out of 10 men (**72%**) die from drug overdose



2.8 out of 10 women (**28%**) die from drug overdose

# Opioid Overdose in Older Adults

**142 of the 537 people** who overdosed were age 51-60.



## Section 4

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How can you help someone  
who has overdosed?

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# How can you help?

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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?

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**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?

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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?

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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

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- 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.)

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

# Behavioral Signs of Opioid Overdose

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



# Section 5

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Have a Narcan plan.

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# Have a Narcan plan.

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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.

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## Get Narcan without a prescription:

- From your local pharmacy.
- Via mail order.





# Have a Narcan plan.

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

## **You can get Narcan training:**

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

# Where can you get Narcan?

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You can buy Narcan without a prescription at:



# Where can you get Narcan?

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To get Narcan through mail order:

Go to **[NextDistro.org/Delaware](https://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.

# Section 6

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# Resources

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# Resources

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## **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)**

**Watch**  
more episodes at  
[hho.fyi/has](http://hho.fyi/has).

