

Here are actions to take if you witness an overdose in your home or community:

<u>RECOGNIZE: Know the signs of an opioid overdose:</u> <ul style="list-style-type: none">● Pinpoint pupils● Slow, shallow, or no breathing● Gurgling or snoring● Difficult to wake or can't wake● Extreme drowsiness● Cold, clammy skin● Gray or blue skin, fingernails, or lips	<u>RESPOND if an opioid overdose is suspected:</u> <ul style="list-style-type: none">⌘ Administer an overdose reversal medication like naloxone* (if available) and call 911.⌘ Try to keep the person awake and breathing.⌘ Lay the person on their side to prevent choking.⌘ Stay with the person until emergency assistance arrives.
You can learn more about how to get naloxone (Narcan) and how to use it by visiting the Opioid Reversal Medications page from Oregon Health Authority.	

Here are some helpful websites:

<ul style="list-style-type: none">● Support for students and families<ul style="list-style-type: none">○ Youth Substance Use Disorder treatment and recovery resources from Oregon Health Authority○ Oregon Family Support Network connects, empowers, and educates families and their communities○ The New Drug Talk Oregon provides parents with education and tools on connecting around fentanyl○ Oregon Recovery High Schools provides safe, sober, and supportive education for youth in recovery● Information about opioids, fentanyl, and naloxone/Narcan rescue<ul style="list-style-type: none">○ April 2022 Community Threat Bulletin from Oregon High Intensity Drug Trafficking Area (HIDTA)○ Fentanyl Aware Lane County public awareness campaign on fentanyl, overdose and naloxone○ Save Lives Oregon learn more about naloxone, how to administer and access training guides○ Opioid overdose reversal medication resources from Oregon Health Authority○ Fentanyl Overdose Deaths, Multnomah County 2018-2023, a report from Multnomah County Health Department● Helplines<ul style="list-style-type: none">○ Youthline is a teen-to-teen crisis and help line. Call 1-877-968-8491 or text “teen2teen” to 839863.○ 988 Lifeline. If you or someone you know is struggling or in crisis, help is available 24/7. Call or text 988 or chat online at 988Lifeline.org. The 988 Lifeline answers calls, text and chats in English or Spanish, with interpretation services for more than 250 languages. People who are Deaf, Hard of Hearing or prefer using American Sign Language can <u>connect directly with a trained 988 counselor in ASL</u>.
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