

RESOURCES

| Harm Reduction | Treatment 24hr Access | | Support |
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| Sonoran Prevention Works: HIV/Hep C testing, naloxone, test strips, clean supplies, resources spwaz.org Email: info@spwaz.org Phone: 480-442-7086 | CODAC Health, Recovery and Wellness Address: 380 E. Ft. Lowell Road, Tucson, AZ 85705 Phone: 520-202-1786 | Bicycle Health Online Suboxone clinics Website: bicyclehealth.com | Never Use Alone Inc. Never Use Alone Phone Line National: 877-696-1996 Website: neverusealone.com |
| Southwest Recovery Alliance: HIV/Hep C testing, naloxone, test strips, clean supplies, resources Phone: 602-730-4357 WhatsApp: 602-461-3545 | Community Bridges 24/7 Access Point, East Valley Addiction Recovery Center Address: 560 S. Bellview, Mesa, AZ 85204 Phone: 480-461-1711 or 877-931-9142 | Community Medical Services 24/7 Access Point Phone: 855-203-6352 Website: communitymedicalservices.org | SAMHSA's National Helpline: Treatment Referral Routing Service Phone: 1-800-487-4889 Text your zip code to: 435748 |
| Shot in the Dark: naloxone, clean supplies, test strips, resources Text: E. Valley: 602-456-9811 W. Valley: 623-738-5539 Website: sitdaz.org | Intensive Treatment Systems 24/7 Access Point Phone: 855-245-6350 Website: itsofaz.com | AHCCCS Treatment Locator Website: opioidservicelocator.azahcccs.gov | Arizona Information & Referral Services: Phone: 211 Suicide & Crisis Lifeline: Phone: 988 |



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HARM REDUCTION

Here are some ways to practice safe use and prevent overdose.

1

Test

If you have access to fentanyl test strips, test your supply. Start with a small test dose.

2

Clean supplies

Use clean needles and other supplies.

3

No Path is the Same

Seek supports that work for you, whether it be substance use treatment, harm reduction programs, counseling services, recovery and social supports, or housing services.

4

Use as Prescribed

Follow dosing instructions provided by your doctor. Do not take medication that is not prescribed to you.

5

Do Not Mix

Do not mix opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy. You must use naloxone if you use benzodiazepines with heroin, fentanyl, etc.

6

Naloxone

Carry naloxone, also known as Narcan, Evzio, or ZIMHI, for overdose reversal. This medication is simple to give. It is a squirt up the nose that reverses overdoses by restoring breathing. Narcan reverses overdoses from opioids like heroin, fentanyl, oxycodone, and codeine.

7

Do Not Use Alone

Avoid using drugs alone. If having another adult with you is not possible, see the resources section for the Never Use Alone Hotline.



OVERDOSE PREVENTION GUIDE

To those that receive this guide:

In the face of darkness, your resilience shines bright. You are not defined by your past, but by the limitless potential of your future. You deserve to thrive, and you do not have to do this alone. Healing starts with help. This guide is intended to help provide you with support, resources, and information to prevent overdose and access resources when needed.



mercy care

UNDERSTANDING OVERDOSE

Using prescribed substances or illicit substances always carries a risk. An overdose occurs when a toxic amount of a drug or a combination of drugs enter the body.



MYTHS

- You cannot overdose if you are smoking opioids.
- Your overdose risk is very low because you have a very high tolerance for opioids.
- Current supply/quality of opioid pills has been more stable and predictable, so the risk of overdose is reduced.

FACTS

- Injection routes of administration are generally associated with a greater risk of overdose; however, the risk of overdose remains even when opioids are smoked.
- Tolerance is a protective factor, but it does not eliminate the risk, especially in the context of an unpredictable drug supply.
- The street supply of opioids/pills is unregulated. There is no way of knowing what unpredictable substances are in the street supply/pills.



Need any of the links? Scan the QR code for access to clickable links.

REMINDER: Share this guide with your friends and family. You are not alone in this. Teach others how to keep you safe!

RECOGNIZING AND RESPONDING TO OVERDOSE

Symptoms/Signs of Overdose

- ✓ Unresponsiveness or unconsciousness
- ✓ Slowed or stopped breathing
- ✓ Snoring or gurgling sounds
- ✓ Cold or clammy skin
- ✓ Discolored/blue lips or fingernails
- ✓ Pinpoint pupils

6 STEPS TO SAVE A LIFE

- 1 CALL 911
- 2 IF NALOXONE (NARCAN) IS AVAILABLE, ADMINISTER TO INDIVIDUAL
- 3 IF BREATHING IS WEAK OR SHALLOW, BEGIN RESCUE BREATHING OR CPR
- 4 ONCE BREATHING IS NORMAL, PLACE INDIVIDUAL ON THEIR SIDE TO PREVENT CHOKING
- 5 MONITOR AND WAIT FOR EMERGENCY RESPONDERS
- 6 CONNECT TO MEDICAL ATTENTION AND FOLLOW-UP CARE

NOTE: Medical attention is essential after using naloxone. If the first dose of naloxone does not restore breathing in 2-3 minutes, administer a second dose.

PERSONALIZED SAFETY PLAN

Create a plan to remain safe and prevent an overdose. Do not use alone.

Who do I trust to take my medication or use substances around? Memorize the name and contact information of a trusted person.

How can I reduce my risk of overdose? Check for these in your home.

- ✓ Naloxone/Narcan/Evzio/ZIMHI
 - Naloxone is easily accessible. No prescription is needed. Anyone who uses drugs is at risk, so be sure to have a couple of doses of Narcan ready to use. Look at the resources page or go to your local pharmacy.
- Fentanyl test strips
 - Sonoran Prevention Works, Shot in the Dark, and Southwest Recovery Alliance offer these for free.

Think about your support system. We hope you can check these off!

- ✓ I have someone who will check in with me.
 - I have someone who will help me.
 - I have a provider I can rely on for assistance.
- I will find and reach out to someone.



Uninsured or underinsured? No problem! There is funding to access care and treatment. Please visit:
<https://www.mercycareaz.org/wellness/sabg>

Pregnant? Check out these resources:
<https://www.perinatalharmreduction.org/>
<https://www.hushabyenursery.org/>
<https://jacobshopeaz.org/>

NOTE: This chart can be cut out and kept as a wallet insert!