

**Counseling Points**

**Examples of Language**

**Overdose prevention**

- Opioids are risky. Anyone taking them is at risk of an overdose (opioid emergency).
- Mixing other drugs or medications—such as alcohol, benzodiazepines (e.g., Xanax® or Valium®) or cocaine—with opioids can increase the risk of overdose.
- Tell your doctor about all medications you are taking.
- Be careful if you miss or change doses, feel ill or start taking new medications.
- Talk to your doctor if your pain doesn't go away. Small changes to your dose can greatly increase your risk of experiencing an emergency.
- If you want help to stop taking opioids, there are options. Ask your doctor.

**Overdose recognition**

- Share information with your family and friends about recognizing and responding to an overdose (opioid emergency).
- Common signs of an opioid overdose (emergency):
  - A person won't wake up even if you shake them, say their name, or rub knuckles vigorously up and down on the front of his or her rib cage
  - Breathing slows or stops, snoring or gurgling sounds.
  - Lips and/or fingernails turn blue, pale or gray

**Calling 911**

- It is important to call 911 in case the naloxone doesn't work or you need more help.
- It is legal to use naloxone. It's important to tell first responders if you have given (or plan to give) the person naloxone.
- It's safe to call 911. The New York State 911 Good Samaritan Law provides substantial protection to the person calling 911 and the person who has overdosed, even if drugs are present.

**Using naloxone**

- Stay with the person who has overdosed until help arrives. They can have another emergency.
- Even if a person is in pain or discomfort, it is important that they do NOT take more opioids for several hours.

**Effectiveness**

- Naloxone only reverses the effects of opioids. It will have no effect on an emergency due to alcohol, other drugs or another reason. If you are unsure what someone took, it is safe to give naloxone.

**Adverse effects**

- Naloxone may cause an opioid-dependent person to go into withdrawal (e.g., nausea, vomiting, agitation, muscle aches)
- Withdrawal symptoms go away as the naloxone wears off

**Storing naloxone**

- Store naloxone at room temperature, out of direct light
- Keep naloxone in the original packaging

**Refilling naloxone**

- Please get a refill if:
- One of more doses of naloxone are used
  - Naloxone or any piece of the applicator is lost or damaged
  - Naloxone expires or is nearing the expiration date